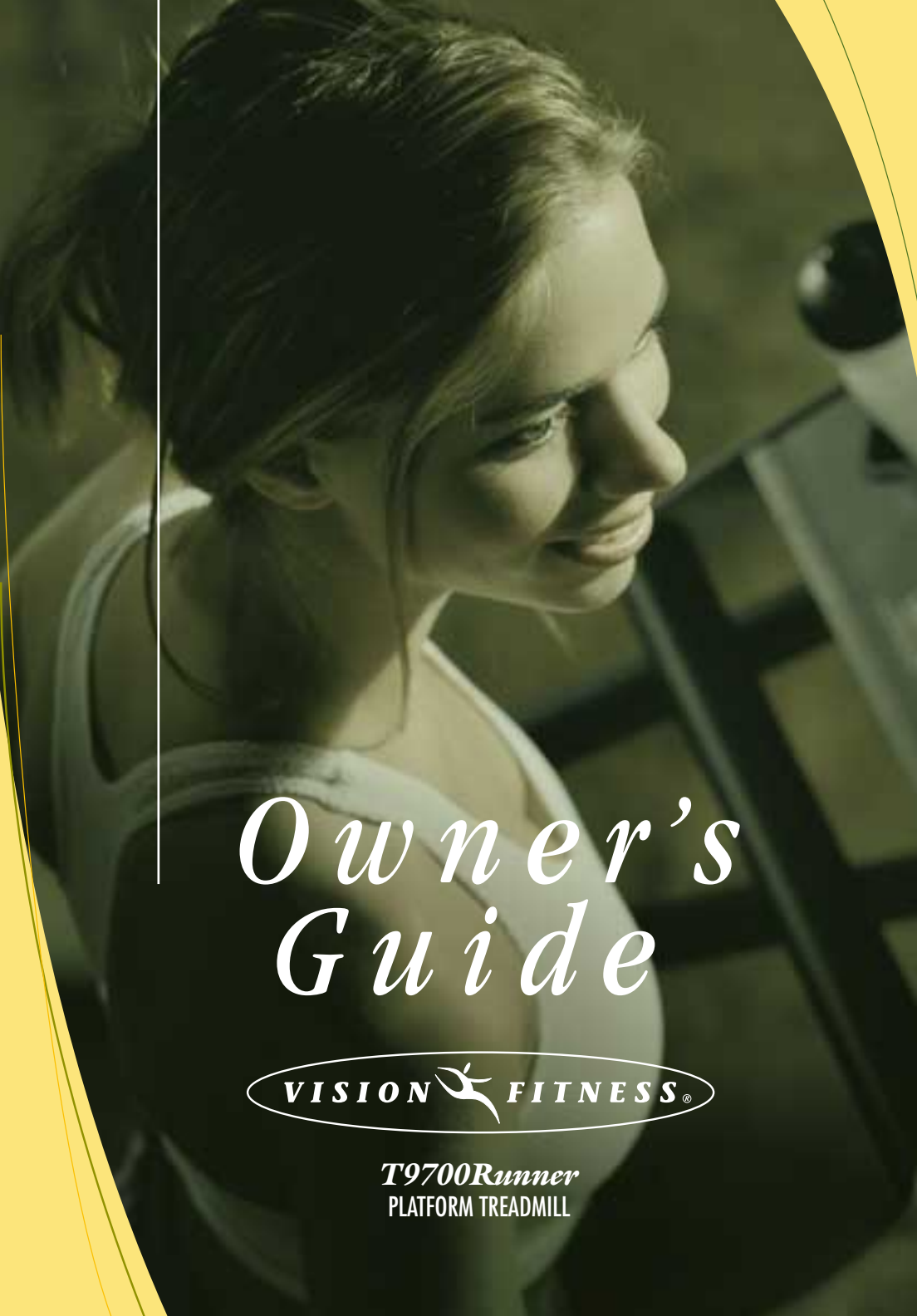

Owner's Guide

VISION FITNESS®

T9700Runner
PLATFORM TREADMILL

Congratulations on choosing a VISION FITNESS Treadmill. You've taken an important step in developing and sustaining an exercise program! Your Treadmill is a tremendously effective tool for achieving your personal fitness goals. Regular use of your Treadmill can improve the quality of your life in so many ways…

Here are just a few of the health benefits of aerobic exercise:

- Weight Loss
- A Healthier Heart
- Improved Muscle Tone
- Increased Daily Energy Levels
- Reduced Stress
- Help In Countering Anxiety and Depression
- An Improved Self Image

The key to reaping these benefits is to develop the exercise habit. Your new Treadmill will help you eliminate the obstacles that prevent you from getting in your exercise time. Snow and rain and darkness won't interfere with your workout when you have your Treadmill in the comfort of your home. This Owner's Guide provides you with basic information on starting an exercise program. A more complete knowledge of your new Treadmill will assist you in realizing your goal of a healthy lifestyle.

Some kinds of service to your Treadmill should only be performed by your VISION FITNESS retailer. Please contact your authorized VISION FITNESS retailer should service be required. If a question or problem arises which cannot be handled by your VISION FITNESS retailer, please contact us:

VISION FITNESS
P.O. Box 280
500 South C.P. Avenue
Lake Mills, WI 53551
Ph: 1.800.335.4348
Fax: 1.920.648.3373
www.visionfitness.com

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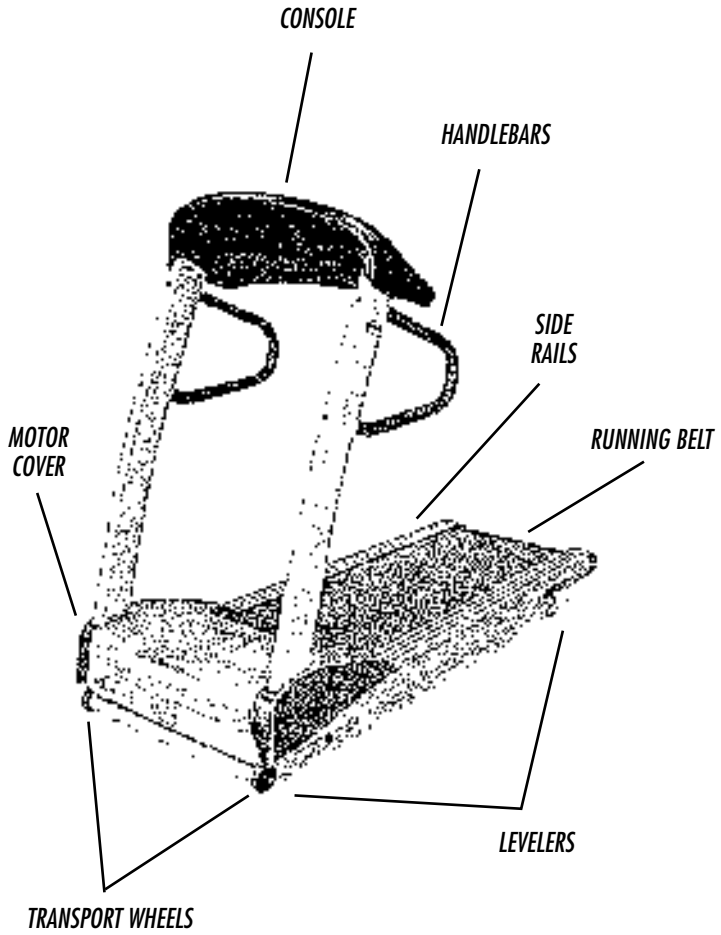

CONSOLE
HANDLEBARS
SIDE RAILS
MOTOR COVER
RUNNING BELT
LEVELERS
TRANSPORT WHEELS

IMPORTANT SAFETY INSTRUCTIONS
SAVE THESE INSTRUCTIONS

When using an electrical product, basic precautions should always be followed, including the following:
Read all instructions before using this exercise product.

WARNING! To reduce the risk of burns, fire, electrical shock or injury to persons:

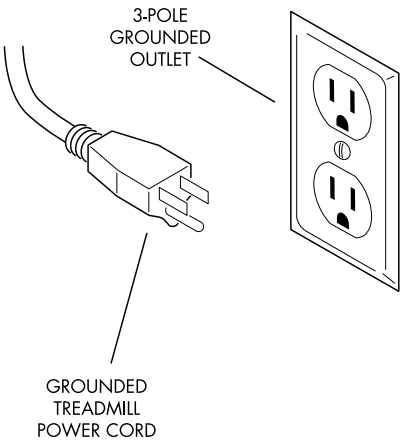
- Use this exercise product for its intended use as described in this Owner's Guide. Do not use attachments not recommended by the manufacturer.
- Never drop or insert any object into any opening.
- Do not remove the Treadmill motor covers or roller covers. Service should be performed only by an authorized VISION FITNESS retailer.
- Never operate this Treadmill if it has a damaged cord or plug, if it is not working properly, if it has been damaged, or immersed in water. Return the Treadmill to a retailer for examination and repair.
- Keep the cord away from heated surfaces.
- Do not use outdoors.
- To disconnect, turn the switch to the OFF position, then remove plug from outlet.
- Never place the power cord under carpeting or place any object on top of the power cord, which may pinch and damage it.
- Unplug your VISION FITNESS Treadmill before moving it.

CHILDREN

- Keep children off your VISION FITNESS Treadmill at all times.
- When the VISION FITNESS Treadmill is in use, young children and pets should be kept at least 10 feet away.

POWER REQUIREMENTS

This product is for use on a nominal 120-volt circuit, and has a grounding plug that looks like the plug illustrated below. An improper connection of the equipment grounding conductor can result in a risk of an electrical shock. Do not modify the plug that was provided with this product. If this plug does not fit into your outlet, have a qualified electrician install the proper outlet. Adapters, extension cords and surge protectors should not be used with this product. Also, a GFI protected receptacle should not be used. It is recommended to use a 20 amp dedicated circuit.



OTHER SAFETY TIPS FOR YOUR VISION FITNESS TREADMILL

CAUTION!: If you experience chest pains, nausea, dizziness or shortness of breath, stop exercising immediately and consult your physician before continuing.

- Do not wear clothing that might catch on any part of the Treadmill.
- Read this Owner's Guide before operating this Treadmill.

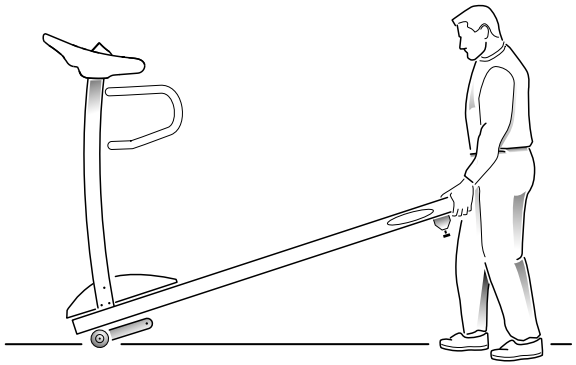
CLEANING

- Clean with soap and slightly damp cloth only; never use solvents.

MOVING YOUR VISION FITNESS TREADMILL

Your VISION FITNESS Treadmill has a pair of transport wheels built into the front legs. To move, firmly grasp the back end of the frame, carefully lift and roll.

CAUTION: Our Treadmills are well-built and heavy, weighing up to 325 lbs.! Use care and additional help if necessary.



PLACEMENT IN YOUR HOME

It is important that you place your Treadmill in a comfortable and inviting room. Your Treadmill is designed to use minimal floor space. Many people will place their Treadmills facing the TV or a picture window. If at all possible, avoid putting your Treadmill in an unfinished basement. To make exercise a desirable daily activity for you, the Treadmill should be in an attractive setting.

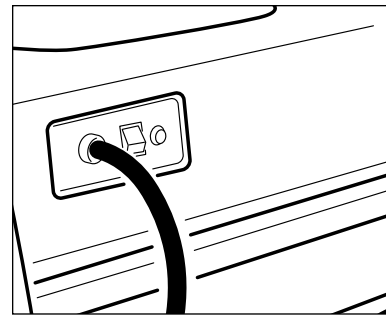
NOTE: If you place your Treadmill facing out from a wall, you should leave 3 feet between the wall and the Treadmill to ensure safe operation.

LEVELING

The Treadmill should be level for optimum use. Once you have placed the Treadmill where you intend to use it, raise or lower one or both of the adjustable levelers located on the back of the Treadmill frame. A carpenter's level is recommended. If your Treadmill is not level, the running belt may not track properly. Once you have leveled the Treadmill, lock the levelers in place by tightening the nuts against the frame.

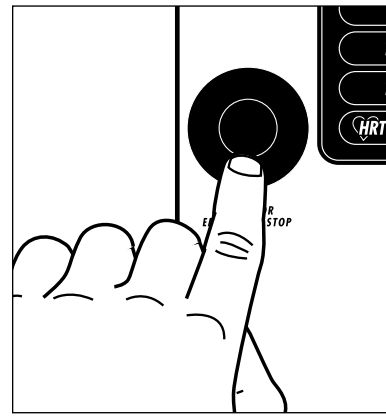
POWER

Ensure that your Treadmill is properly connected to a power outlet, then turn on the Power switch, located at the front of the main frame.



EMERGENCY STOP

If at any time you need to stop the Treadmill quickly, simply press the red Emergency Stop button. This will instantly cut all power and the Treadmill will come to a stop. To resume your workout, you will need to re-enter any data.



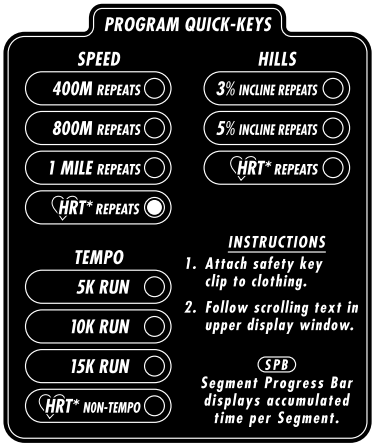
AUTO SHUT OFF

The *T9700Runner* has a sensor that shuts down the treadmill when the user has stepped off. After eight seconds of running without a user, the treadmill will stop.

T9700Runner PROGRAM DETAILS

PROGRAM QUICK-KEYS

We have made choosing a program simple and easy with our program Quick-Key feature. All you need to do is press one of the pre-set program Quick-Keys and you are on your way to starting your program. We have divided our programs into three categories; Speed, Tempo, and Hills. By doing this, you now have a quick reference on what type of workout you will be doing.



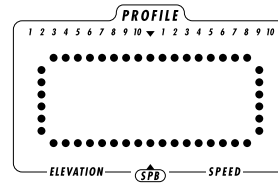
PROGRAM INFORMATION

All of the programs (except Tempo HRT) follow the same basic pattern. They begin with a warm-up of either 1 Mile or 3K, you set the speed. Then the program takes over and automatically alternates between stride rest and stride speed (fastest interval pace), four of each before going to a 1-minute rest. The program then takes you through your interval (repeat program) and once completed, it takes you to your cool-down. You choose your cool-down speed. There is no need to press any button during the workout; however, you can always adjust your speed or elevation at any time. You can pause your workout for up to five minutes at any time by pressing the stop button, to start where you left, simply press start. Entire Program Details are located on pages 10-12.

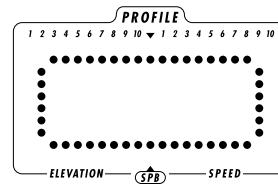
T9700Runner PROGRAM DETAILS - SPEED

The Speed programs are designed to help build your speed. You can choose from 400 Meter, 800 Meter, 1 Mile Repeats. Each program has 22 different levels ranging from 10:00 minute mile to 5:00 minute mile pace. The HRT Repeats allows you to pick the interval distance and set your own pace.

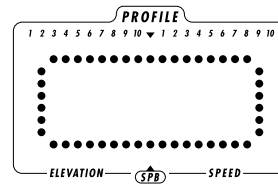
400M REPEATS The even number levels have 5 repeats, while the odd number levels have 10 repeats. There is a 400-meter rest between each repeat (Once around the track), except L15 - L18 the rest is 90 seconds, and L19 - L22 the rest is 75 seconds.



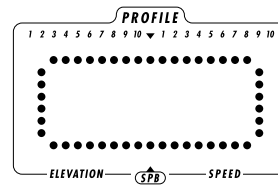
800M REPEATS The even number levels have 3 repeats, while the odd number levels have 6 repeats. There is an 800-meter rest between each repeat (two times around the track), except L15 - L18 the rest is 3:30 seconds and L19 - L22 the rest is 3:00 minutes.



1 MILE REPEATS The even number levels have 3 repeats, while the odd number levels have 5 repeats. There is an 800-meter rest between each repeat (two times around the track), except L19 - L22 the rest is 600 meters.



HRT* REPEATS Choose from six different levels, L1 & L2 are 400 Meter repeats, L3 & L4 are 800 Meter repeats, L5 & L6 are 1 Mile repeats. You choose the rest and interval speed. Then set your recovery heart rate, once you have finished your interval, you will not start the next until you hit your recovery heart rate.

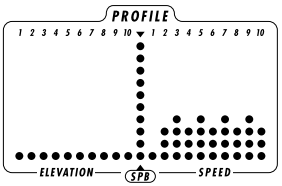


NOTE: Specific Program details are shown on pages 34-40.

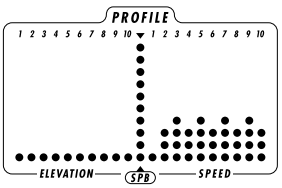
T9700Runner PROGRAM DETAILS - TEMPO

The Tempo programs are designed to help build your endurance. You can choose from 5K, 10K and 15K Runs. Each program has 15 different levels ranging from 12:00 minute mile to 5:00 minute mile pace. The HRT Repeats allows you to pick the interval distance and set your own pace.

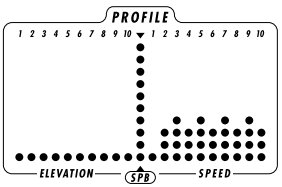
5K RUN Choose from 15 different levels. The 5K is broken into three segments, each segment increases a couple of tenths of a mile per hour. The first segment is 1K, the second segment is 1K and the final segment is 3K.



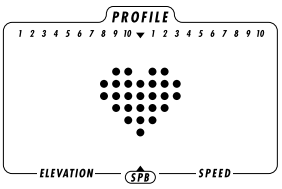
10K RUN Choose from 15 different levels. The 10K is broken into three segments, each segment increases a couple of tenths of a mile per hour. The first segment is 2K, the second segment is 2K and the final segment is 6K.



15K RUN Choose from 15 different levels. The 15K is broken into three segments, each segment increases a couple of tenths of a mile per hour. The first segment is 3K, the second segment is 3K and the final segment is 9K.



HRT* NON-TEMPO Set your target heart rate and the program adjusts both speed and elevation to keep you in your target heart rate zone. You choose the time.

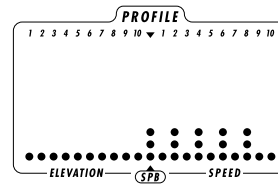


NOTE: Specific Program details are shown on pages 42-45.

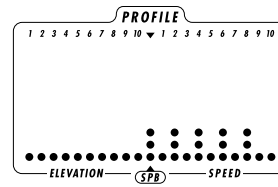
T9700Runner PROGRAM DETAILS - HILLS

The Hills programs are designed to help build strength. You can choose from 3% and 5% Incline Repeats. Each program has 22 different levels ranging from 10:00 minute mile to 5:00 minute mile pace. The speed is adjusted to compensate for the incline, so an 8:00 mile pace will not be 7.5 mph, but at 7.2 mph for 3% and 6.2 mph for 5%. The HRT Repeats allows you to pick the interval % incline and set your own pace.

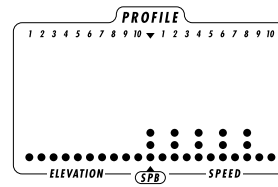
3% INCLINE REPEATS Choose from 22 different levels. The even number levels have 5 repeats, while the odd number levels have 10 repeats. Each repeat is 90 seconds. There is a 90 second rest between repeats at 0% incline.



5% INCLINE REPEATS Choose from 22 different levels. The even number levels have 5 repeats, while the odd number levels have 10 repeats. Each repeat is 90 seconds. There is a 90 second rest between repeats at 0% incline.



HRT* REPEATS Choose from four different levels, L1 & L2 are 3% incline repeats; L3 & L4 are 5% incline repeats. You choose the rest and interval speed. Then set your recovery heart rate, once you have finished your interval, you will not start the next until you hit your recovery heart rate.

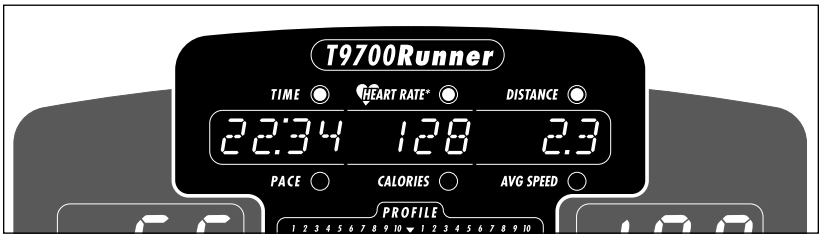


NOTE: Specific Program details are shown on pages 46-50.

T9700Runner FEEDBACK DISPLAY

ALPHANUMERIC MESSAGE CENTER

This is a display that will scroll the operation instructions in the top center display window. It will also display your feedback when the LED next to the appropriate word is lit.



TIME

Shown as Minutes:Seconds. View the Time remaining or the Time elapsed in your workout.

DISTANCE

Shown as Miles. View Distance traveled during workout.

CALORIES

Shown as estimated accumulated Calories burned during workout.

HEART RATE

Shown as Beats-per-Minute. You can monitor your Heart Rate at any time during a workout.

AVERAGE SPEED

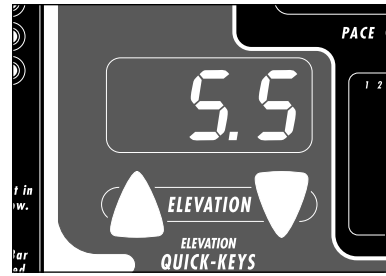
Shown as Miles per Hour. Equals accumulated Distance ÷ elapsed Time. Corresponds to simulated outdoor walking or running Speed.

PACE

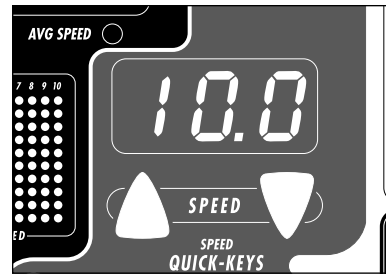
Shown as Time (Minutes.Tenth of Minutes) required to travel 1 mile at current Speed.

T9700Runner
FEEDBACK DISPLAY

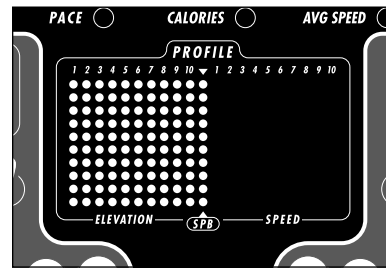
ELEVATION
Shown as percentage of incline, Elevation is visible in the left-hand LED window. Indicates how steeply inclined the running surface is, to simulate running on a hill.



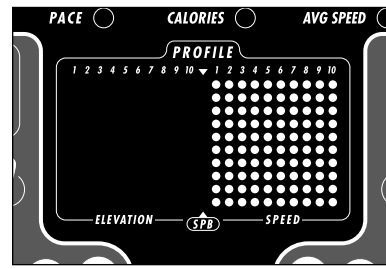
SPEED
Shown as Miles/Hour, Speed is visible in the right-hand LED window. Indicates how fast the running surface is moving, to simulate outdoor running.



PROFILE MATRIX WINDOW 10 X 21
The Left dots #1-10 will show an Elevation Profile in 10 segments in ORANGE. This profile is not an exact representation of the elevation profile, but just a bar graph.



The Right dots #1-10 will show a Speed Profile in 10 segments in RED. This profile is not an exact representation of the speed profile, but just a bar graph.



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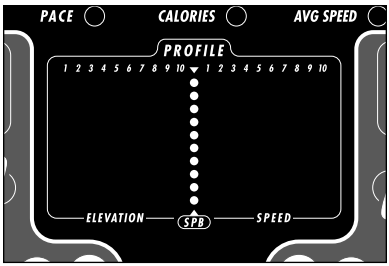
PROFILE MATRIX WINDOW 10 X 21

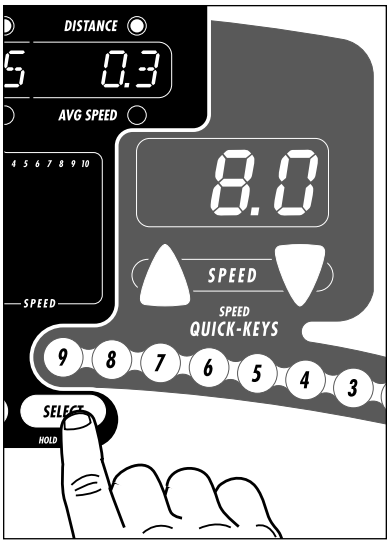


The Center column will be the Segment Progress Bar. The bar will be displayed in GREEN and shows how much time is left in your current segment. This will take the segment time and divide it into 10 dots and as you complete more of the segment more of the dots are lit.

For example: if your workout is 10 minutes long, each segment is 1 minute long. The Segment Progress Bar will then divide that 1 minute into 10 dots of 6 seconds per dot. The dots would clear and start counting up as each segment passes. There would be an audio beep to signal the segment change.

SCAN FUNCTION

To scan through the functions during your workout, simply press the SELECT button. To continuously Scan, press and hold until the Console double-beeps (about 2 seconds.)

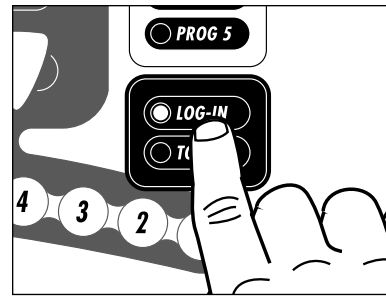


USER LOG-IN

The console on the *T9700Runner* has a special feature that allows you to Log-In and save all data from your workout. To use this function follow these steps.

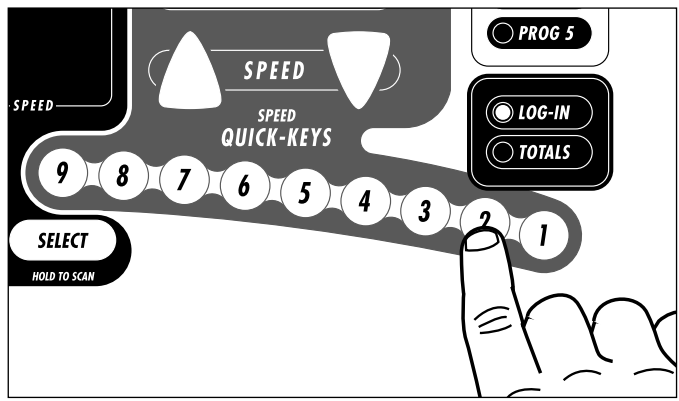
PRESS LOG-IN BUTTON

When selected, the green LED next to the button will be lit. Use the Arrow keys to choose a user I.D. number (1-10). This will appear in the Alphanumeric Message Center. Then press SELECT. Press START or use arrows to select time of workout.



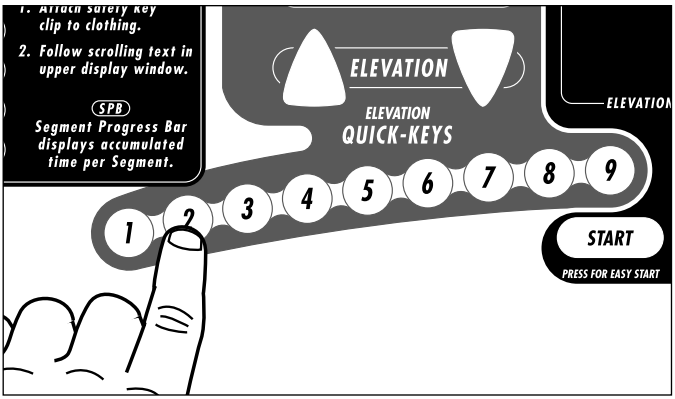
SPEED QUICK KEYS

After pressing the Start button, you can change the speed of the treadmill by pressing one of the Speed Quick Key buttons numbered 1-9. Each key represents a mile/kilometer per hour. For example, when you press 3, the treadmill will adjust the speed to 3 mph/kmph.



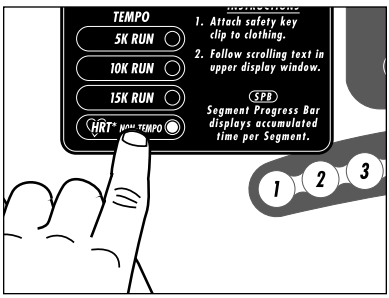
ELEVATION QUICK KEYS

After pressing the Start button, you can change the elevation of the treadmill by pressing one of the Elevation Quick Key buttons numbered 1-9. Each key represents a % incline. For example if you press 3, the treadmill will elevate to a 3% incline.



CHOOSE A PROGRAM

Select the desired program by using one of the Program Quick-Keys or press START to enter the Manual mode.

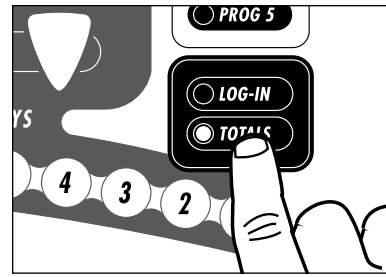


USER TOTALS BUTTON

To use this function you will need to use the same User Log-In code and follow these three steps.

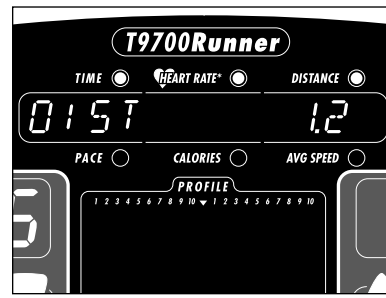
PRESS USER TOTALS BUTTON

When selected, the orange LED next to the button will be lit. Use the Arrow keys to enter your User I.D. Number. This is the same number that you use to log-in before you begin working out. Then press SELECT.



TOTALS ARE DISPLAYED

Now your accumulated totals for Distance, Hours, Calories, and Average Speed are displayed. They will scroll across the Alphanumeric Message Center.

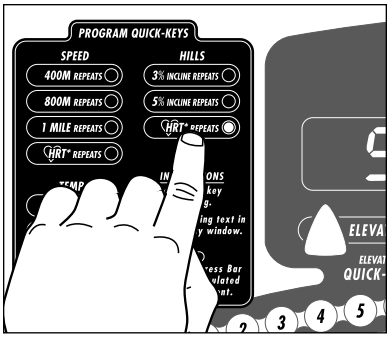


RESET USER TOTALS

When reviewing your user totals, simply press and hold the STOP key on the overlay. This will clear the user total information.

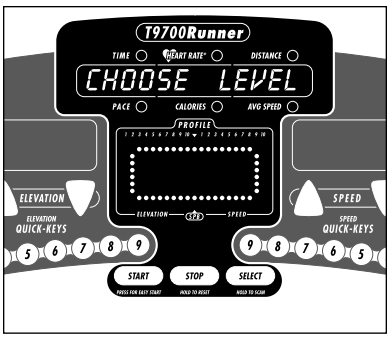
CHOOSE A PROGRAM

Select the desired program by using one of the Quick-Keys or user program keys. You may also press START to enter the Manual mode.



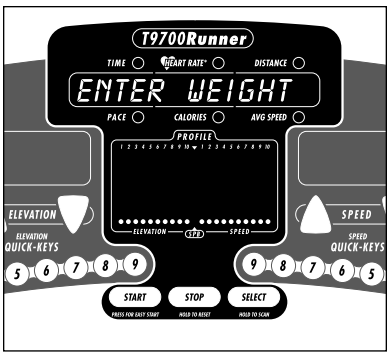
CHOOSING A LEVEL

Choose Level using Arrow keys and press SELECT. The elevation & speed window will display the programs maximum elevation & speed. The Alphanumeric Message Center will also display "Level1", etc..



ENTERING YOUR WEIGHT

Enter weight using Arrows and press START. The Alphanumeric Message Center window will display "Weight lbs. 150" to let the user know what their Weight is. After you press START the Matrix will display a 3,2,1 count down and "beep". The belt will start after the count down



GENERAL HEART RATE TRAINING RECOMMENDATIONS

To use the Heart Rate Training Program, it is important to determine your Target Heart Rate Zone, using the chart below. After determining your Target Zone, you should use the treadmill in MANUAL mode to see if the Target Zone you have selected is correct. This will give you a good base to start your Heart Rate Training. If you feel your Target Zone is too low or too high, keep using the treadmill in the MANUAL mode until you feel comfortable during your workout; then you can begin using the Heart Rate Training Program.

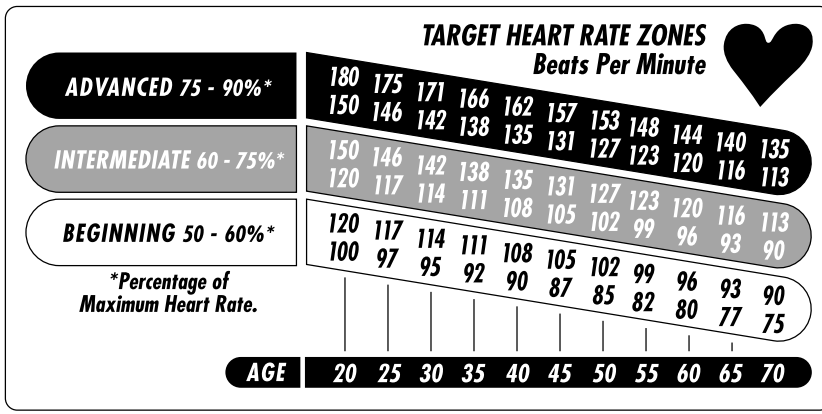
EXERCISE INTENSITY

To reap the most cardiovascular benefits from your workout, it is necessary to exercise within a recommended intensity. The three ways to monitor exercise intensity are Target Heart Rate, Perceived Exertion, and the Talk Test.

TARGET HEART RATE

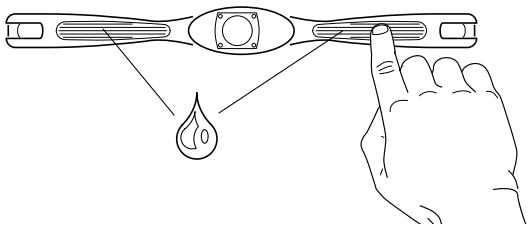
Target Heart Rate is a percentage of your maximum heart rate. Target Heart Rate will vary for each individual, depending on age, current level of conditioning, and personal fitness goals. Exercise heart rate should range from 50 - 90% of the predicted maximum heart rate for most healthy adults. A guideline for Target Heart Rate follows:

50 - 60%	Beginning Exercisers or Health Concerns
60 - 75%	General Fitness or Weight Loss
75 - 90%	Improve Aerobic Capacity or Athletic Performance



WIRELESS CHEST TRANSMITTER

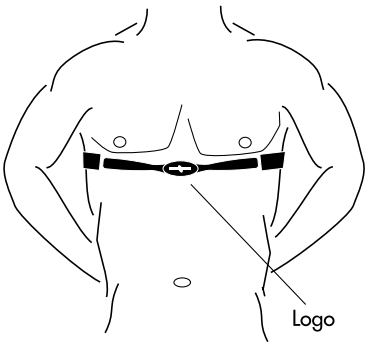
Prior to wearing the Strap on your chest, moisten the two rubber contact pads with several drops of water and spread about with your fingers.



TRANSMITTER STRAP PLACEMENT

Center the Transmitter Strap just below the breast or pectoral muscles, directly over your sternum with the VISION FITNESS logo facing out.

Adjust the elastic strap length to avoid bouncing or sliding.



RATE OF PERCEIVED EXERTION

Rate of Perceived Exertion (R.P.E.) is one of the easiest ways to monitor exercise intensity. By becoming familiar with the RPE scale, you can continually assess your level of intensity and insure a level of exertion that is comfortable. An increase in exercise intensity is directly related to elevation in exercise heart rate. Consequently RPE can be used alone or together with heart rate when monitoring exercise intensity.

RPE SCALE

0	Nothing at all
.5	Very, very weak
1	Very weak
2	Weak
3	Moderate
4	Somewhat strong
5	Strong
6	
7	very strong
8	
9	
10	Very, very, strong
Maximal	

The recommended RPE range for most people is between 3 (moderate) and 5 (strong). The RPE should be independent of your pace; it is dependent on the feelings caused by the exertion.

TALK TEST

The "Talk Test" is a quick and simple check of exercise intensity. If you have trouble completing a sentence, you are working to hard. You should be able to speak freely without gasping for air.

NOTES FOR YOUR HEART RATE TRAINING PROGRAMS

• If there is no Heart Rate detected, the Treadmill will not speed up or down.

• If the Heart Rate detected is higher than the Target Zone by 10 BPM the console will "beep" 4 times to warn the user.

• If the Heart Rate detected is higher than the Target Zone by 15 BPM, the console will "beep" 4 times, stop, and then continue beeping 4 times again and the same process will repeat 5 times.

• If the user's Heart Rate is 20 beats over their Target Zone, the Treadmill will "beep" 5 times then Shut Down.

• Once the user is in their Target Zone +/- 5 BPM, the speed will adjust to stay at the current Heart Rate until the last 5 minutes of the program.

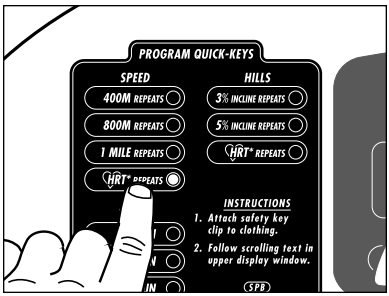
NOTE: At all times the speed and elevation keys are operative for the user.

T9700Runner HEART RATE TRAINING - SPEED

Interval Heart Rate training allows you to set your recovery heart rate, so you will not begin the next interval until your heart is ready. Choose from 400 meter (5 & 10 repeats) to 800 meter (3 & 6 repeats) to 1 Mile (3 & 5 Repeats). You set your interval speed and the treadmill will adjust to bring you down to your recovery heart rate. Once you are within 5 constant beats of your recovery, the treadmill will start your next interval. It will take time and practice to determine your recovery Heart Rate.

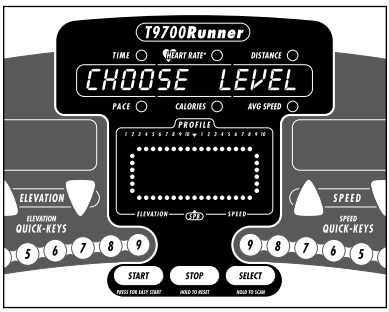
CHOOSE THE SPEED REPEATS PROGRAM

Press the HRT Repeats Button under the Speed section of Quick-Keys.



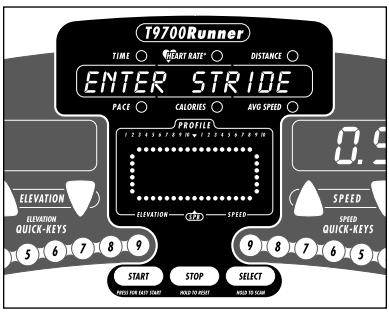
CHOOSING A LEVEL

Choose Level using Arrow keys and press SELECT. The Alphanumeric Message Center will display L1 along with the repeat distance and number of repeats.



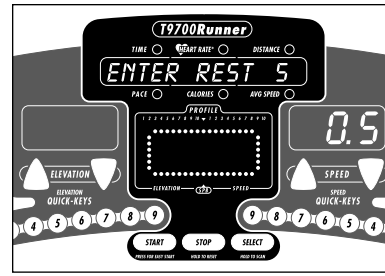
CHOOSING STRIDE SPEED

Choose Stride Speed using Arrow keys and press Select. The Stride Speed will appear in the large Speed LED. These are the 4 strides that you will do prior to your repeats.



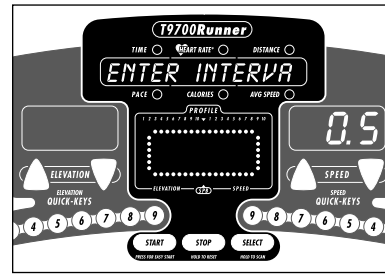
CHOOSING REST STRIDE SPEED

Choose Rest Stride Speed using Arrow keys and press Select. The Rest Stride Speed will appear in the large Speed LED. These are the 5 rest strides and 1-minute rest prior to starting the repeats.



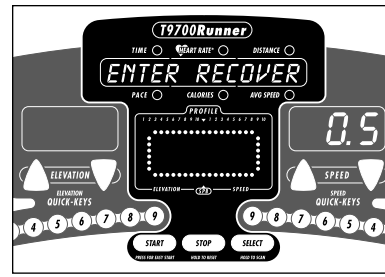
CHOOSING INTERVAL SPEED

Choose Interval (repeat) speed using Arrow keys and press Select. The Interval Speed will appear in the large Speed LED. This is the speed that you will be running during the Interval.



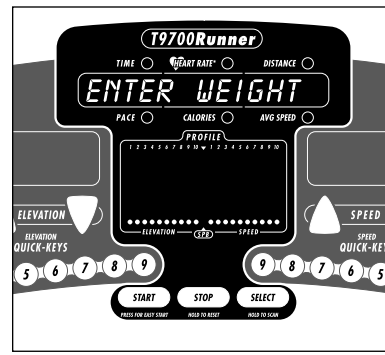
CHOOSING RECOVERY HEART RATE

Choose Recovery Heart Rate using Arrow keys and press Select. The Recovery Heart Rate will appear in the Alphanumeric Message Center. You will not begin your next Interval (repeat) until you reach your Recovery Heart Rate. **(This is the only part of the program that the treadmill will control.)**



ENTERING YOUR WEIGHT

Enter weight using Arrows and press START. The Alphanumeric Message Center window will display your entered Weight. After you press START the Matrix will display a 3,2,1 count down and "beep". The belt will start after the count-down.



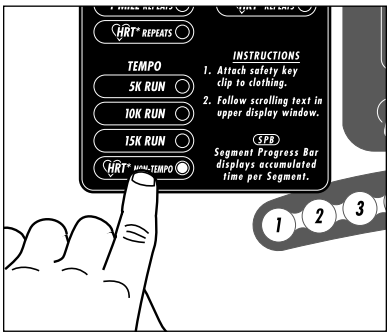
HEART RATE TRAINING - ELEVATION & SPEED

Program default is 32:00 minutes
Enter Target Heart Rate, Time, & Weight.
The treadmill has a manual mode warm up until you reach your Target Heart Rate. During the warm up mode you control both speed and elevation. This does not count for the program time. Once you reach your Target Heart Rate, the treadmill now controls your Heart Rate by Speed and Elevation. The speed will be automatically adjusted first up to 1 MPH greater than the current Target Heart Rate Speed. After the console automatically adjusts your speed up to 1 MPH more than the Target Heart Rate Speed, the elevation will take over and adjust your elevation to keep you in your Target Zone. This will repeat throughout the program

NOTE: You can follow these instructions below or you can use the scrolling instructions in the Alphanumeric Message Center.

CHOOSE THE NON-TEMPO HRT PROGRAM

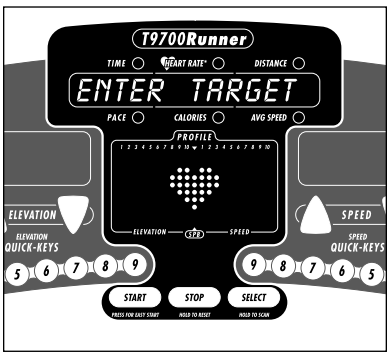
Press the HRT Non-Tempo Button under the Tempo section of Quick-Keys.



ENTER TARGET HEART RATE ZONE

Using either set of Arrow buttons, enter your Target Heart Rate and press the SELECT button.

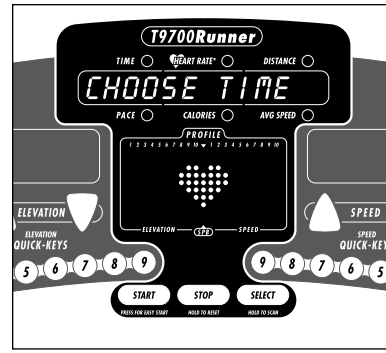
NOTE: The Function Window will blink and the heart rate LED will be lit to let you know what your Target Zone is.



CHOOSE PROGRAM TIME

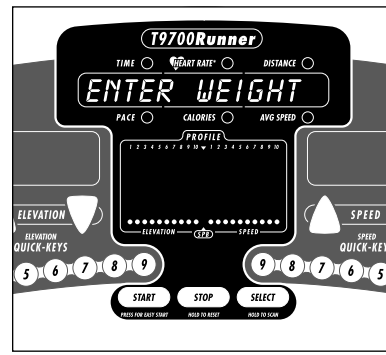
After you have chosen your Target Heart Rate, the time window will show the program default time of 32:00. You may change the Time, using either set of Arrow buttons. Press the SELECT button to enter your Time. The Minimum Time for this program is 5 minutes. If you are ready to begin exercising, press the START button. Optionally, if you wish to enter your weight, proceed to the next step.

NOTE: The function window will blink and the time LED will be lit to let you know what time you have input.



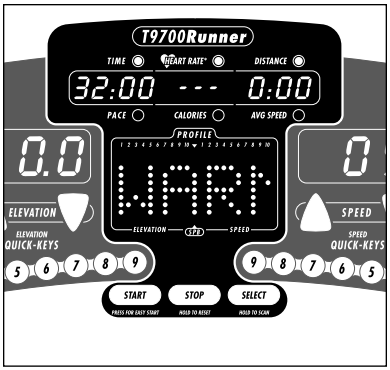
ENTERING YOUR WEIGHT

Enter weight using Arrows and press START. The Alphanumeric Message Center window will display your entered Weight. After you press START the Matrix will display a 3,2,1 count down and "beep". The belt will start after the count-down.



WARM UP MODE

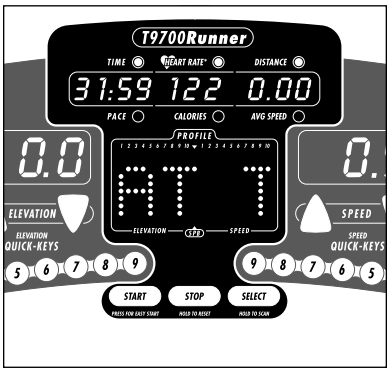
Now the treadmill is in the manual warm up mode. You are now in control of both the speed and elevation to reach your target Heart Rate Zone. Once a steady Heart Rate within 5+/- Beats Per Minute of your entered Target Zone is found, the console will beep 3 times and then enter the Heart Rate Training mode.



PROGRAM MODE

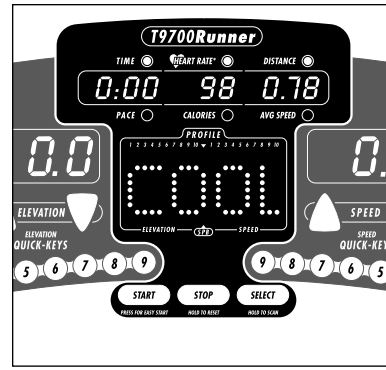
Now the treadmill will automatically adjust your speed and elevation to keep you in your Target Zone. This will repeat throughout the program. It will adjust speed first, then elevation. Never both at the same time.

NOTE: The matrix window will scroll: "At target beginning heart rate training."



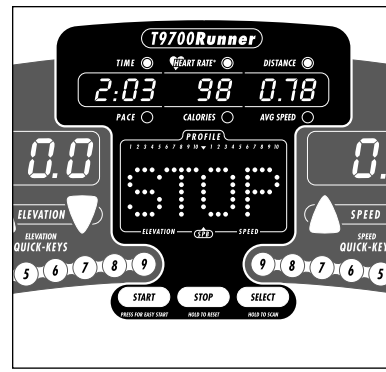
COOL DOWN MODE

After you have completed your timed workout, the console will display: "Cool Down Mode, Press Stop to complete workout". This is to let you know that your program has ended. You are now in a manual mode cool down and have control of the Speed and Elevation. This lets you cool down at your own pace. You may now press the SELECT button to view your totals.



ENDING THE PROGRAM

Once you feel your cool down has elapsed, press the STOP button and the treadmill will stop.

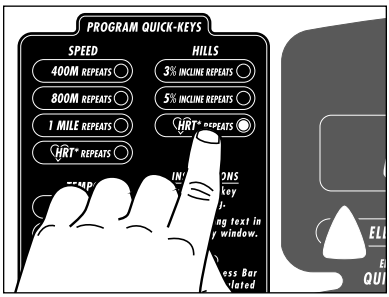


T9700Runner HEART RATE TRAINING - HILLS

Interval Heart Rate training allows you to set your recovery heart rate, so you will not begin the next interval until your heart is ready. Choose from 3% Incline for 90 seconds (5 & 10 repeats) to 5% Incline for 90 seconds (5 & 10 repeats). You set your interval speed and the treadmill will adjust to bring you down to your recovery heart rate. Once you are within 5 constant beats of your recovery, the treadmill will start your next interval.

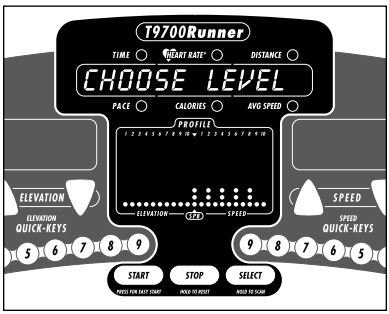
CHOOSE THE SPEED REPEATS PROGRAM

Press the HRT Repeats Button under the Speed section of Quick-Keys.



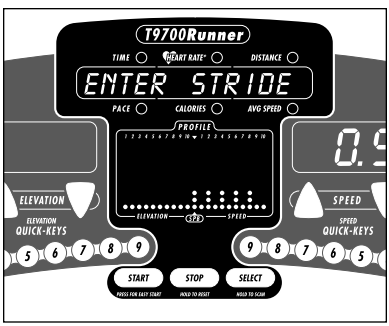
CHOOSING A LEVEL

Choose Level using Arrow keys and press SELECT. The Alphanumeric Message Center will display L1 along with the repeat distance and number of repeats.



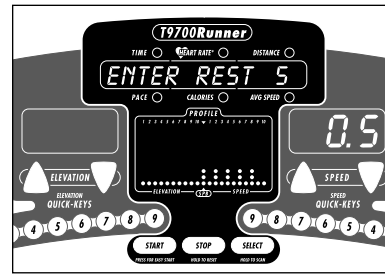
CHOOSING STRIDE SPEED

Choose Stride Speed using Arrow keys and press Select. The Stride Speed will appear in the large Speed LED. These are the 4 strides that you will do prior to your repeats.



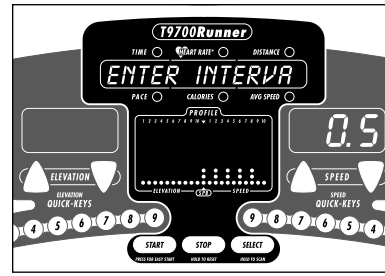
CHOOSING REST STRIDE SPEED

Choose Rest Stride Speed using Arrow keys and press Select. The Rest Stride Speed will appear in the large Speed LED. These are the 5 rest strides and 1-minute rest prior to starting the repeats.



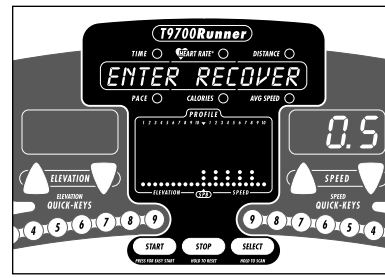
CHOOSING INTERVAL SPEED

Choose Interval (repeat) speed using Arrow keys and press Select. The Interval Speed will appear in the large Speed LED. This is the speed that you will be running during the Interval.



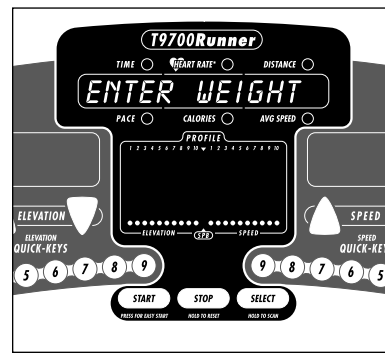
CHOOSING RECOVERY HEART RATE

Choose Recovery Heart Rate using Arrow keys and press Select. The Recovery Heart Rate will appear in the Alphanumeric Message Center. You will not begin your next Interval (repeat) until you reach your Recovery Heart Rate. This is the only part of the program that the treadmill will control the speed. **(This is the only part of the program that the treadmill will control.)**



ENTERING YOUR WEIGHT

Enter weight using Arrows and press START. The Alphanumeric Message Center window will display your entered Weight. After you press START the Matrix will display a 3,2,1 count down and "beep". The belt will start after the count-down.



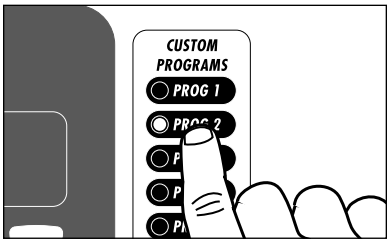
CUSTOM PROGRAMS

Design your own Programs by setting the desired Speed and Elevation. All Programs have 10 intervals and a minimum program Time of 10 minutes. By designing your own programs you now can control your fitness goals workout by workout. This allows you to modify your training based on certain events or milestones you may have set for yourself.

CUSTOM PROGRAM DETAILS

PROGRAMMING A CUSTOM PROGRAM

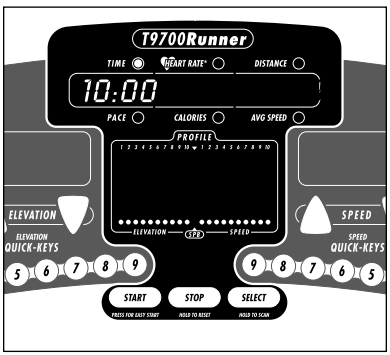
Select a user program by pressing one of the User Program Buttons.



ENTER PROGRAM TIME

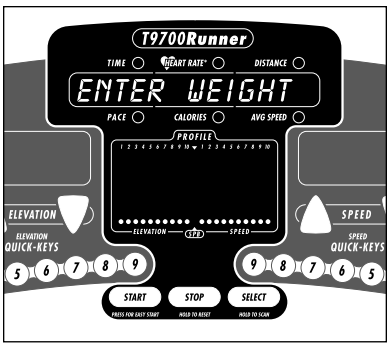
Enter Time using Arrows, then press the SELECT button to save total workout time.

NOTE: The Alphanumeric Message Center will scroll two messages: "Press arrow keys to modify program" and "Press select to accept program".



ENTERING YOUR WEIGHT

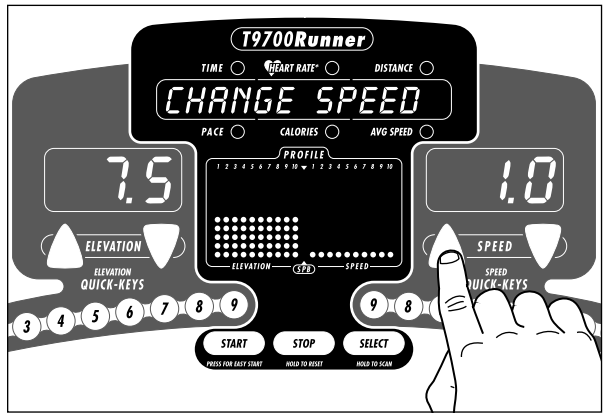
After you have completed entering your segment data, you may now enter your Weight. By entering your Weight, the totals for Calories will be adjusted according to your entered Weight.



ENTER SEGMENT SPEED

The #1 column will blink. Press Speed Arrows to change the segment column Speed (Speed numeric values changing with red column).

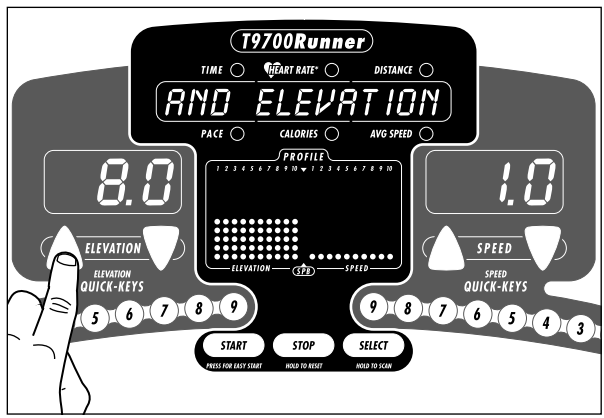
NOTE: The Alphanumeric Message Center will scroll: "Press select to move to next interval".



ENTER SEGMENT ELEVATION

Then press the Elevation Arrows to change the segment column Elevation (notice Elevation numeric values changing with orange column).

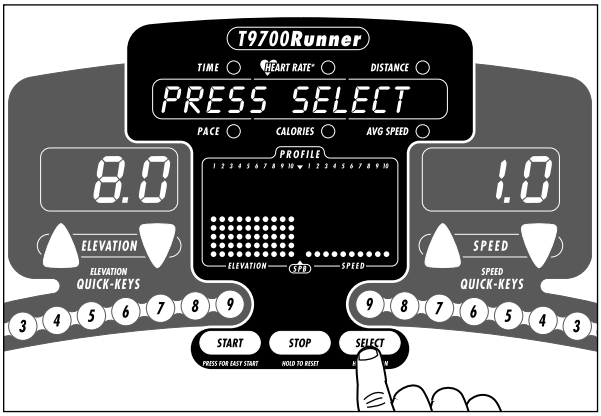
NOTE: The Alphanumeric Message Center will scroll: "Press select to move to next interval".



SAVING SEGMENT DATA

Press the SELECT button to store Speed and Elevation, then proceed to the next column.

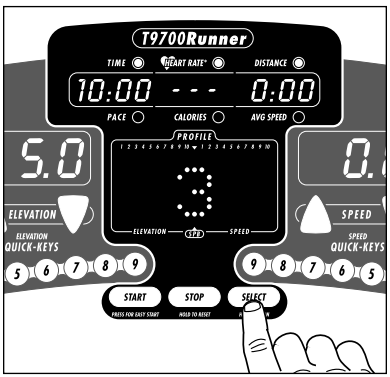
NOTE: Repeat entering segment speed and segment elevation until all 10 segments are completed.



BEGINNING WORKOUT

Begin your exercising in your new Custom Program by pressing the START button.

NOTE: This program will be saved permanently and may be changed by repeating the steps above



SPEED - 400 Meter Repeats

SPEED 400 Meter Repeats		L1	L2	L3	L4	L5	L6	L7	L8	L9	L10	L11
PACE/MINUTES		10:00	10:00	9:31	9:31	9:05	9:05	8:34	8:34	8:00	8:00	7:30
WARM-UP	User sets Speed	1 mile	1 mile	1 mile	1 mile	1 mile	1 mile	1 mile	1 mile	1 mile	1 mile	1 mile
STRIDE REST	100 Meter	4.5	4.5	4.8	4.8	5.0	5.0	5.5	5.5	6.0	6.0	6.5
STRIDE 1	100 Meter	6.0	6.0	6.3	6.3	6.6	6.6	7.0	7.0	7.5	7.5	8.0
STRIDE REST	100 Meter	4.5	4.5	4.8	4.8	5.0	5.0	5.5	5.5	6.0	6.0	6.5
STRIDE 2	100 Meter	6.0	6.0	6.3	6.3	6.6	6.6	7.0	7.0	7.5	7.5	8.0
STRIDE REST	100 Meter	4.5	4.5	4.8	4.8	5.0	5.0	5.5	5.5	6.0	6.0	6.5
STRIDE 3	100 Meter	6.0	6.0	6.3	6.3	6.6	6.6	7.0	7.0	7.5	7.5	8.0
STRIDE REST	100 Meter	4.5	4.5	4.8	4.8	5.0	5.0	5.5	5.5	6.0	6.0	6.5
STRIDE 4	100 Meter	6.0	6.0	6.3	6.3	6.6	6.6	7.0	7.0	7.5	7.5	8.0
STRIDE REST	1 Minute	4.5	4.5	4.8	4.8	5.0	5.0	5.5	5.5	6.0	6.0	6.5
INTERVAL	400 Meter	6.0	6.0	6.3	6.3	6.6	6.6	7.0	7.0	7.5	7.5	8.0
REST	400 Meter	4.5	4.5	4.8	4.8	5.0	5.0	5.5	5.5	6.0	6.0	6.5
INTERVAL	400 Meter	6.0	6.0	6.3	6.3	6.6	6.6	7.0	7.0	7.5	7.5	8.0
REST	400 Meter	4.5	4.5	4.8	4.8	5.0	5.0	5.5	5.5	6.0	6.0	6.5
INTERVAL	400 Meter	6.0	6.0	6.3	6.3	6.6	6.6	7.0	7.0	7.5	7.5	8.0
REST	400 Meter	4.5	4.5	4.8	4.8	5.0	5.0	5.5	5.5	6.0	6.0	6.5
INTERVAL	400 Meter	6.0	6.0	6.3	6.3	6.6	6.6	7.0	7.0	7.5	7.5	8.0
REST	400 Meter	4.5	4.5	4.8	4.8	5.0	5.0	5.5	5.5	6.0	6.0	6.5
INTERVAL	400 Meter	6.0	6.0	6.3	6.3	6.6	6.6	7.0	7.0	7.5	7.5	8.0
REST	400 Meter	NA	4.5	NA	4.8	NA	5.0	NA	5.5	NA	6.0	NA
INTERVAL	400 Meter	NA	6.0	NA	6.3	NA	6.6	NA	7.0	NA	7.5	NA
REST	400 Meter	NA	4.5	NA	4.8	NA	5.0	NA	5.5	NA	6.0	NA
INTERVAL	400 Meter	NA	6.0	NA	6.3	NA	6.6	NA	7.0	NA	7.5	NA
REST	400 Meter	NA	4.5	NA	4.8	NA	5.0	NA	5.5	NA	6.0	NA
INTERVAL	400 Meter	NA	6.0	NA	6.3	NA	6.6	NA	7.0	NA	7.5	NA
REST	400 Meter	NA	4.5	NA	4.8	NA	5.0	NA	5.5	NA	6.0	NA
INTERVAL	400 Meter	NA	6.0	NA	6.3	NA	6.6	NA	7.0	NA	7.5	NA
REST	400 Meter	NA	4.5	NA	4.8	NA	5.0	NA	5.5	NA	6.0	NA
INTERVAL	400 Meter	NA	6.0	NA	6.3	NA	6.6	NA	7.0	NA	7.5	NA
COOL-DOWN	User sets Speed	1 mile	1 mile	1 mile	1 mile	1 mile	1 mile	1 mile	1 mile	1 mile	1 mile	1 mile

NOTES

1) On L15 thru L18, the REST is not 400 Meters, but actually 90 seconds.

2) On L19 thru L22, the REST is not 400 Meters, but actually 75 seconds.

3) The COOL-DOWN Speed begins at the Interval REST Pace.

4) NA means these Intervals are not part of the program. You will go directly to COOL-DOWN.

5) All Chart Numbers are MPH.

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SPEED - 400 Meter Repeats

SPEED 400 Meter Repeats		L12	L13	L14	L15	L16	L17	L18	L19	L20	L21	L22
PACE/MINUTES		7:30	7:03	7:03	6:31	6:31	6:00	6:00	5:30	5:30	5:00	5:00
WARM-UP	User sets Speed	1 mile	1 mile	1 mile	1 mile	1 mile	3K	3K	3K	3K	3K	3K
STRIDE REST	100 Meter	6.5	6.5	6.5	7.0	7.0	7.0	7.0	7.5	7.5	7.5	7.5
STRIDE 1	100 Meter	8.0	8.5	8.5	9.2	9.2	10	10	10.9	10.9	12	12
STRIDE REST	100 Meter	6.5	6.5	6.5	7.0	7.0	7.0	7.0	7.5	7.5	7.5	7.5
STRIDE 2	100 Meter	8.0	8.5	8.5	9.2	9.2	10	10	10.9	10.9	12	12
STRIDE REST	100 Meter	6.5	6.5	6.5	7.0	7.0	7.0	7.0	7.5	7.5	7.5	7.5
STRIDE 3	100 Meter	8.0	8.5	8.5	9.2	9.2	10	10	10.9	10.9	12	12
STRIDE REST	100 Meter	6.5	6.5	6.5	7.0	7.0	7.0	7.0	7.5	7.5	7.5	7.5
STRIDE 4	100 Meter	8.0	8.5	8.5	9.2	9.2	10	10	10.9	10.9	12	12
STRIDE REST	1 Minute	6.5	6.5	6.5	7.0	7.0	7.0	7.0	7.5	7.5	7.5	7.5
INTERVAL	400 Meter	8.0	8.5	8.5	9.2	9.2	10	10	10.9	10.9	12	12
REST	400 Meter	6.5	6.5	6.5	7.0	7.0	7.0	7.0	7.5	7.5	7.5	7.5
INTERVAL	400 Meter	8.0	8.5	8.5	9.2	9.2	10	10	10.9	10.9	12	12
REST	400 Meter	6.5	6.5	6.5	7.0	7.0	7.0	7.0	7.5	7.5	7.5	7.5
INTERVAL	400 Meter	8.0	8.5	8.5	9.2	9.2	10	10	10.9	10.9	12	12
REST	400 Meter	6.5	6.5	6.5	7.0	7.0	7.0	7.0	7.5	7.5	7.5	7.5
INTERVAL	400 Meter	8.0	8.5	8.5	9.2	9.2	10	10	10.9	10.9	12	12
REST	400 Meter	6.5	6.5	6.5	7.0	7.0	7.0	7.0	7.5	7.5	7.5	7.5
INTERVAL	400 Meter	8.0	8.5	8.5	9.2	9.2	10	10	10.9	10.9	12	12
REST	400 Meter	6.5	NA	6.5	NA	7.0	NA	7.0	NA	7.5	NA	7.5
INTERVAL	400 Meter	8.0	NA	8.5	NA	9.2	NA	10	NA	10.9	NA	12
REST	400 Meter	6.5	NA	6.5	NA	7.0	NA	7.0	NA	7.5	NA	7.5
INTERVAL	400 Meter	8.0	NA	8.5	NA	9.2	NA	10	NA	10.9	NA	12
REST	400 Meter	6.5	NA	6.5	NA	7.0	NA	7.0	NA	7.5	NA	7.5
INTERVAL	400 Meter	8.0	NA	8.5	NA	9.2	NA	10	NA	10.9	NA	12
REST	400 Meter	6.5	NA	6.5	NA	7.0	NA	7.0	NA	7.5	NA	7.5
INTERVAL	400 Meter	8.0	NA	8.5	NA	9.2	NA	10	NA	10.9	NA	12
REST	400 Meter	6.5	NA	6.5	NA	7.0	NA	7.0	NA	7.5	NA	7.5
INTERVAL	400 Meter	8.0	NA	8.5	NA	9.2	NA	10	NA	10.9	NA	12
COOL-DOWN	User sets Speed	1 mile	1 mile	1 mile	1 mile	1 mile	3K	3K	3K	3K	3K	3K

SPEED - 800 Meter Repeats

SPEED 800 Meter Repeats		L1	L2	L3	L4	L5	L6	L7	L8	L9	L10	L11
PACE/MINUTES		10:00	10:00	9:31	9:31	9:05	9:05	8:34	8:34	8:00	8:00	7:30
WARM-UP	User sets Speed	1 mile	1 mile	1 mile	1 mile	1 mile	1 mile	1 mile	1 mile	1 mile	1 mile	1 mile
STRIDE REST	100 Meter	4.5	4.5	4.8	4.8	5.0	5.0	5.5	5.5	6.0	6.0	6.5
STRIDE 1	100 Meter	6.0	6.0	6.3	6.3	6.6	6.6	7.0	7.0	7.5	7.5	8.0
STRIDE REST	100 Meter	4.5	4.5	4.8	4.8	5.0	5.0	5.5	5.5	6.0	6.0	6.5
STRIDE 2	100 Meter	6.0	6.0	6.3	6.3	6.6	6.6	7.0	7.0	7.5	7.5	8.0
STRIDE REST	100 Meter	4.5	4.5	4.8	4.8	5.0	5.0	5.5	5.5	6.0	6.0	6.5
STRIDE 3	100 Meter	6.0	6.0	6.3	6.3	6.6	6.6	7.0	7.0	7.5	7.5	8.0
STRIDE REST	100 Meter	4.5	4.5	4.8	4.8	5.0	5.0	5.5	5.5	6.0	6.0	6.5
STRIDE 4	100 Meter	6.0	6.0	6.3	6.3	6.6	6.6	7.0	7.0	7.5	7.5	8.0
STRIDE REST	1 Minute	4.5	4.5	4.8	4.8	5.0	5.0	5.5	5.5	6.0	6.0	6.5
INTERVAL	800 Meter	6.0	6.0	6.3	6.3	6.6	6.6	7.0	7.0	7.5	7.5	8.0
REST	800 Meter	4.5	4.5	4.8	4.8	5.0	5.0	5.5	5.5	6.0	6.0	6.5
INTERVAL	800 Meter	6.0	6.0	6.3	6.3	6.6	6.6	7.0	7.0	7.5	7.5	8.0
REST	800 Meter	4.5	4.5	4.8	4.8	5.0	5.0	5.5	5.5	6.0	6.0	6.5
INTERVAL	800 Meter	6.0	6.0	6.3	6.3	6.6	6.6	7.0	7.0	7.5	7.5	8.0
REST	800 Meter	NA	4.5	NA	4.8	NA	5.0	NA	5.5	NA	6.0	NA
INTERVAL	800 Meter	NA	6.0	NA	6.3	NA	6.6	NA	7.0	NA	7.5	NA
REST	800 Meter	NA	4.5	NA	4.8	NA	5.0	NA	5.5	NA	6.0	NA
INTERVAL	800 Meter	NA	6.0	NA	6.3	NA	6.6	NA	7.0	NA	7.5	NA
REST	800 Meter	NA	4.5	NA	4.8	NA	5.0	NA	5.5	NA	6.0	NA
INTERVAL	800 Meter	NA	6.0	NA	6.3	NA	6.6	NA	7.0	NA	7.5	NA
COOL-DOWN	User sets Speed	1 mile	1 mile	1 mile	1 mile	1 mile	1 mile	1 mile	1 mile	1 mile	1 mile	1 mile

NOTES

1) On L15 thru L18, the REST is not 800 Meters, but actually 3:30.

2) On L19 thru L22, the REST is not 800 Meters, but actually 3:00.

3) The COOL-DOWN Speed begins at the Interval REST Pace.

4) NA means these Intervals are not part of the program. You will go directly to COOL-DOWN.

5) All Chart Numbers are MPH.

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SPEED - 800 Meter Repeats

SPEED 800 Meter Repeats		*L12*	*L13*	*L14*	*L15*	*L16*	*L17*	*L18*	*L19*	*L20*	*L21*	*L22*
PACE/MINUTES		7:30	7:03	7:03	6:31	6:31	6:00	6:00	5:30	5:30	5:00	5:00
WARM-UP	User sets Speed	1 mile	1 mile	1 mile	1 mile	1 mile	3K	3K	3K	3K	3K	3K
STRIDE REST	100 Meter	6.5	6.5	6.5	7.0	7.0	7.0	7.0	7.5	7.5	7.5	7.5
STRIDE 1	100 Meter	8.0	8.5	8.5	9.2	9.2	10	10	10.9	10.9	12	12
STRIDE REST	100 Meter	6.5	6.5	6.5	7.0	7.0	7.0	7.0	7.5	7.5	7.5	7.5
STRIDE 2	100 Meter	8.0	8.5	8.5	9.2	9.2	10	10	10.9	10.9	12	12
STRIDE REST	100 Meter	6.5	6.5	6.5	7.0	7.0	7.0	7.0	7.5	7.5	7.5	7.5
STRIDE 3	100 Meter	8.0	8.5	8.5	9.2	9.2	10	10	10.9	10.9	12	12
STRIDE REST	100 Meter	6.5	6.5	6.5	7.0	7.0	7.0	7.0	7.5	7.5	7.5	7.5
STRIDE 4	100 Meter	8.0	8.5	8.5	9.2	9.2	10	10	10.9	10.9	12	12
STRIDE REST	1 Minute	6.5	6.5	6.5	7.0	7.0	7.0	7.0	7.5	7.5	7.5	7.5
INTERVAL	800 Meter	8.0	8.5	8.5	9.2	9.2	10	10	10.9	10.9	12	12
REST	800 Meter	6.5	6.5	6.5	7.0	7.0	7.0	7.0	7.5	7.5	7.5	7.5
INTERVAL	800 Meter	8.0	8.5	8.5	9.2	9.2	10	10	10.9	10.9	12	12
REST	800 Meter	6.5	6.5	6.5	7.0	7.0	7.0	7.0	7.5	7.5	7.5	7.5
INTERVAL	800 Meter	8.0	8.5	8.5	9.2	9.2	10	10	10.9	10.9	12	12
REST	800 Meter	6.5	NA	6.5	NA	7.0	NA	7.0	NA	7.5	NA	7.5
INTERVAL	800 Meter	8.0	NA	8.5	NA	9.2	NA	10	NA	10.9	NA	12
REST	800 Meter	6.5	NA	6.5	NA	7.0	NA	7.0	NA	7.5	NA	7.5
INTERVAL	800 Meter	8.0	NA	8.5	NA	9.2	NA	10	NA	10.9	NA	12
REST	800 Meter	6.5	NA	6.5	NA	7.0	NA	7.0	NA	7.5	NA	7.5
INTERVAL	800 Meter	8.0	NA	8.5	NA	9.2	NA	10	NA	10.9	NA	12
COOL-DOWN	User sets Speed	1 mile	1 mile	1 mile	1 mile	1 mile	3K	3K	3K	3K	3K	3K

SPEED - 1 Mile Repeats

SPEED 1 Mile Repeats		L1	L2	L3	L4	L5	L6	L7	L8	L9	L10	L11
PACE/MINUTES		10:00	10:00	9:31	9:31	9:05	9:05	8:34	8:34	8:00	8:00	7:30
WARM-UP	User sets Speed	1 mile	1 mile	1 mile	1 mile	1 mile	1 mile	1 mile	1 mile	1 mile	1 mile	1 mile
STRIDE REST	100 Meter	4.5	4.5	4.8	4.8	5.0	5.0	5.5	5.5	6.0	6.0	6.5
STRIDE 1	100 Meter	6.0	6.0	6.3	6.3	6.6	6.6	7.0	7.0	7.5	7.5	8.0
STRIDE REST	100 Meter	4.5	4.5	4.8	4.8	5.0	5.0	5.5	5.5	6.0	6.0	6.5
STRIDE 2	100 Meter	6.0	6.0	6.3	6.3	6.6	6.6	7.0	7.0	7.5	7.5	8.0
STRIDE REST	100 Meter	4.5	4.5	4.8	4.8	5.0	5.0	5.5	5.5	6.0	6.0	6.5
STRIDE 3	100 Meter	6.0	6.0	6.3	6.3	6.6	6.6	7.0	7.0	7.5	7.5	8.0
STRIDE REST	100 Meter	4.5	4.5	4.8	4.8	5.0	5.0	5.5	5.5	6.0	6.0	6.5
STRIDE 4	100 Meter	6.0	6.0	6.3	6.3	6.6	6.6	7.0	7.0	7.5	7.5	8.0
STRIDE REST	1 Minute	4.5	4.5	4.8	4.8	5.0	5.0	5.5	5.5	6.0	6.0	6.5
INTERVAL	1 Mile	6.0	6.0	6.3	6.3	6.6	6.6	7.0	7.0	7.5	7.5	8.0
REST	800 Meter	4.5	4.5	4.8	4.8	5.0	5.0	5.5	5.5	6.0	6.0	6.5
INTERVAL	1 Mile	6.0	6.0	6.3	6.3	6.6	6.6	7.0	7.0	7.5	7.5	8.0
REST	800 Meter	4.5	4.5	4.8	4.8	5.0	5.0	5.5	5.5	6.0	6.0	6.5
INTERVAL	1 Mile	6.0	6.0	6.3	6.3	6.6	6.6	7.0	7.0	7.5	7.5	8.0
REST	800 Meter	NA	4.5	NA	4.8	NA	5.0	NA	5.5	NA	6.0	NA
INTERVAL	1 Mile	NA	6.0	NA	6.3	NA	6.6	NA	7.0	NA	7.5	NA
REST	800 Meter	NA	4.5	NA	4.8	NA	5.0	NA	5.5	NA	6.0	NA
INTERVAL	1 Mile	NA	6.0	NA	6.3	NA	6.6	NA	7.0	NA	7.5	NA
COOL-DOWN	User sets Speed	1 mile	1 mile	1 mile	1 mile	1 mile	1 mile	1 mile	1 mile	1 mile	1 mile	1 mile

NOTES

1) On L19 thru L22, the REST is not 800 Meters, but actually 600 Meters.

2) The COOL-DOWN Speed begins at the Interval REST Pace.

3) NA means these Intervals are not part of the program. You will go directly to COOL-DOWN.

4) All Chart Numbers are MPH.

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SPEED - 1 Mile Repeats

SPEED 1 Mile Repeats		L12	L13	L14	L15	L16	L17	L18	L19	L20	L21	L22
PACE/MINUTES		7:30	7:03	7:03	6:31	6:31	6:00	6:00	5:30	5:30	5:00	5:00
WARM-UP	User sets Speed	1 mile	1 mile	1 mile	1 mile	1 mile	3K	3K	3K	3K	3K	3K
STRIDE REST	100 Meter	6.5	6.5	6.5	7.0	7.0	7.0	7.0	7.5	7.5	7.5	7.5
STRIDE 1	100 Meter	8.0	8.5	8.5	9.2	9.2	10	10	10.9	10.9	12	12
STRIDE REST	100 Meter	6.5	6.5	6.5	7.0	7.0	7.0	7.0	7.5	7.5	7.5	7.5
STRIDE 2	100 Meter	8.0	8.5	8.5	9.2	9.2	10	10	10.9	10.9	12	12
STRIDE REST	100 Meter	6.5	6.5	6.5	7.0	7.0	7.0	7.0	7.5	7.5	7.5	7.5
STRIDE 3	100 Meter	8.0	8.5	8.5	9.2	9.2	10	10	10.9	10.9	12	12
STRIDE REST	100 Meter	6.5	6.5	6.5	7.0	7.0	7.0	7.0	7.5	7.5	7.5	7.5
STRIDE 4	100 Meter	8.0	8.5	8.5	9.2	9.2	10	10	10.9	10.9	12	12
STRIDE REST	1 Minute	6.5	6.5	6.5	7.0	7.0	7.0	7.0	7.5	7.5	7.5	7.5
INTERVAL	1 Mile	8.0	8.5	8.5	9.2	9.2	10	10	10.9	10.9	12	12
REST	800 Meter	6.5	6.5	6.5	7.0	7.0	7.0	7.0	7.5	7.5	7.5	7.5
INTERVAL	1 Mile	8.0	8.5	8.5	9.2	9.2	10	10	10.9	10.9	12	12
REST	800 Meter	6.5	6.5	6.5	7.0	7.0	7.0	7.0	7.5	7.5	7.5	7.5
INTERVAL	1 Mile	8.0	8.5	8.5	9.2	9.2	10	10	10.9	10.9	12	12
REST	800 Meter	6.5	NA	6.5	NA	7.0	NA	7.0	NA	7.5	NA	7.5
INTERVAL	1 Mile	8.0	NA	8.5	NA	9.2	NA	10	NA	10.9	NA	12
REST	800 Meter	6.5	NA	6.5	NA	7.0	NA	7.0	NA	7.5	NA	7.5
INTERVAL	1 Mile	8.0	NA	8.5	NA	9.2	NA	10	NA	10.9	NA	12
COOL-DOWN	User sets Speed	1 mile	1 mile	1 mile	1 mile	1 mile	3K	3K	3K	3K	3K	3K

SPEED - Heart Rate Repeats

SPEED Heart Rate Repeats		***L1***	***L2***	***L3***	***L4***	***L5***	***L6***
INTERVAL/DISTANCE		400M	400M	800M	800M	1 mile	1 mile
WARM-UP	User sets Speed	1 mile	1 mile	1 mile	1 mile	1 mile	1 mile
STRIDE REST	100 Meter	User	User	User	User	User	User
STRIDE 1	100 Meter	User	User	User	User	User	User
STRIDE REST	100 Meter	User	User	User	User	User	User
STRIDE 2	100 Meter	User	User	User	User	User	User
STRIDE REST	100 Meter	User	User	User	User	User	User
STRIDE 3	100 Meter	User	User	User	User	User	User
STRIDE REST	100 Meter	User	User	User	User	User	User
STRIDE 4	100 Meter	User	User	User	User	User	User
STRIDE REST	1 Minute	User	User	User	User	User	User
INTERVAL	Speed	User	User	User	User	User	User
REST	Achieve HR	HR	HR	HR	HR	HR	HR
INTERVAL	Speed	User	User	User	User	User	User
REST	Achieve HR	HR	HR	HR	HR	HR	HR
INTERVAL	Speed	User	User	User	User	User	User
REST	Achieve HR	HR	HR	NA	HR	NA	HR
INTERVAL	Speed	User	User	NA	User	NA	User
REST	Achieve HR	HR	HR	NA	HR	NA	HR
INTERVAL	Speed	User	User	NA	User	NA	User
REST	Achieve HR	NA	HR	NA	HR	NA	NA
INTERVAL	Speed	NA	User	NA	User	NA	NA
REST	Achieve HR	NA	HR	NA	NA	NA	NA
INTERVAL	Speed	NA	User	NA	NA	NA	NA
REST	Achieve HR	NA	HR	NA	NA	NA	NA
INTERVAL	Speed	NA	User	NA	NA	NA	NA
REST	Achieve HR	NA	HR	NA	NA	NA	NA
INTERVAL	Speed	NA	User	NA	NA	NA	NA
REST	Achieve HR	NA	HR	NA	NA	NA	NA
INTERVAL	Speed	NA	User	NA	NA	NA	NA
COOL-DOWN	User sets Speed	1 mile	1 mile	1 mile	1 mile	1 mile	1 mile

NOTES

1) Set your own Recovery HR, Rest Stride, and the Interval Speed. When your HR comes down to the Recovery HR, the treadmill begins the next Interval.

2) The COOL-DOWN Speed begins at the Interval REST Pace.

TEMPO - 5K Run

TEMPO 5K Run		L1	L2	L3	L4	L5	L6	L7	L8	L9	L10	L11
PACE/MINUTES		12:00	11:32	11:06	10:31	10:00	9:31	9:05	8:34	8:00	7:30	7:03
WARM-UP	User sets Speed	1 mile	1 mile	1 mile	1 mile	1 mile	1 mile	1 mile	1 mile	1 mile	1 mile	1 mile
STRIDE REST	100 Meter	4.5	4.5	4.5	4.5	5.0	5.0	5.5	5.5	6.0	6.5	6.5
STRIDE 1	100 Meter	5.2	5.4	5.6	5.9	6.2	6.5	6.8	7.2	7.7	8.2	8.7
STRIDE REST	100 Meter	4.5	4.5	4.5	4.5	5.0	5.0	5.5	5.5	6.0	6.5	6.5
STRIDE 2	100 Meter	5.2	5.4	5.6	5.9	6.2	6.5	6.8	7.2	7.7	8.2	8.7
STRIDE REST	100 Meter	4.5	4.5	4.5	4.5	5.0	5.0	5.5	5.5	6.0	6.5	6.5
STRIDE 3	100 Meter	5.2	5.4	5.6	5.9	6.2	6.5	6.8	7.2	7.7	8.2	8.7
STRIDE REST	100 Meter	4.5	4.5	4.5	4.5	5.0	5.0	5.5	5.5	6.0	6.5	6.5
STRIDE 4	100 Meter	5.2	5.4	5.6	5.9	6.2	6.5	6.8	7.2	7.7	8.2	8.7
STRIDE REST	1 Minute	4.5	4.5	4.5	4.5	5.0	5.0	5.5	5.5	6.0	6.5	6.5
TEMPO 1	1K	4.7	4.9	5.1	5.4	5.9	6.0	6.3	6.7	7.2	7.7	8.2
TEMPO 2	1K	5	5.2	5.4	5.7	6.0	6.3	6.6	7.0	7.5	8.0	8.5
TEMPO 3	3K	5.2	5.4	5.6	5.9	6.2	6.5	6.8	7.2	7.7	8.2	8.7
COOL DOWN	User sets Speed	1 mile	1 mile	1 mile	1 mile	1 mile	1 mile	1 mile	1 mile	1 mile	1 mile	1 mile

TEMPO - 10K Run

TEMPO 10K Run		L1	L2	L3	L4	L5	L6	L7	L8	L9	L10	L11
PACE/MINUTES		12:00	11:32	11:06	10:31	10:00	9:31	9:05	8:34	8:00	7:30	7:03
WARM-UP	User sets Speed	1 mile	1 mile	1 mile	1 mile	1 mile	1 mile	1 mile	1 mile	1 mile	1 mile	1 mile
STRIDE REST	100 Meter	4.5	4.5	4.5	4.5	5.0	5.0	5.5	5.5	6.0	6.5	6.5
STRIDE 1	100 Meter	5.2	5.4	5.6	5.9	6.2	6.5	6.8	7.2	7.7	8.2	8.7
STRIDE REST	100 Meter	4.5	4.5	4.5	4.5	5.0	5.0	5.5	5.5	6.0	6.5	6.5
STRIDE 2	100 Meter	5.2	5.4	5.6	5.9	6.2	6.5	6.8	7.2	7.7	8.2	8.7
STRIDE REST	100 Meter	4.5	4.5	4.5	4.5	5.0	5.0	5.5	5.5	6.0	6.5	6.5
STRIDE 3	100 Meter	5.2	5.4	5.6	5.9	6.2	6.5	6.8	7.2	7.7	8.2	8.7
STRIDE REST	100 Meter	4.5	4.5	4.5	4.5	5.0	5.0	5.5	5.5	6.0	6.5	6.5
STRIDE 4	100 Meter	5.2	5.4	5.6	5.9	6.2	6.5	6.8	7.2	7.7	8.2	8.7
STRIDE REST	1 Minute	4.5	4.5	4.5	4.5	5.0	5.0	5.5	5.5	6.0	6.5	6.5
TEMPO 1	2K	4.7	4.9	5.1	5.4	5.9	6.0	6.3	6.7	7.2	7.7	8.2
TEMPO 2	2K	5	5.2	5.4	5.7	6.0	6.3	6.6	7.0	7.5	8.0	8.5
TEMPO 3	6K	5.2	5.4	5.6	5.9	6.2	6.5	6.8	7.2	7.7	8.2	8.7
COOL DOWN	3K	1 mile	1 mile	1 mile	1 mile	1 mile	1 mile	1 mile	1 mile	1 mile	1 mile	1 mile

NOTES

1) The COOL-DOWN Speed starts at the Interval Rest Pace.

2) All Tempo work-outs are at 1 Percent elevation.

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TEMPO - 5K Run

TEMPO 5K Run		L12	L13	L14	L15
PACE/MINUTES		6:31	6:00	5:30	5:05
WARM-UP	User sets Speed	1 mile	1 mile	1 mile	1 mile
STRIDE REST	100 Meter	7.0	7.5	8.0	8.0
STRIDE 1	100 Meter	9.4	10.2	11.1	12
STRIDE REST	100 Meter	7.0	7.5	8.0	8.0
STRIDE 2	100 Meter	9.4	10.2	11.1	12
STRIDE REST	100 Meter	7.0	7.5	8.0	8.0
STRIDE 3	100 Meter	9.4	10.2	11.1	12
STRIDE REST	100 Meter	7.0	7.5	8.0	8.0
STRIDE 4	100 Meter	9.4	10.2	11.1	12
STRIDE REST	1 Minute	7.0	7.5	8.0	8.0
TEMPO 1	1K	8.9	9.7	10.6	11.6
TEMPO 2	1K	9.2	10	10.9	11.8
TEMPO 3	3K	9.4	10.2	11.1	12
COOL DOWN	User sets Speed	1 mile	1 mile	1 mile	1 mile

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TEMPO - 10K Run

TEMPO 10K Run		L12	L13	L14	L15
PACE/MINUTES		6:31	6:00	5:30	5:05
WARM-UP	User sets Speed	1 mile	1 mile	1 mile	1 mile
STRIDE REST	100 Meter	7.0	7.5	8.0	8.0
STRIDE 1	100 Meter	9.4	10.2	11.1	12
STRIDE REST	100 Meter	7.0	7.5	8.0	8.0
STRIDE 2	100 Meter	9.4	10.2	11.1	12
STRIDE REST	100 Meter	7.0	7.5	8.0	8.0
STRIDE 3	100 Meter	9.4	10.2	11.1	12
STRIDE REST	100 Meter	7.0	7.5	8.0	8.0
STRIDE 4	100 Meter	9.4	10.2	11.1	12
STRIDE REST	1 Minute	7.0	7.5	8.0	8.0
TEMPO 1	2K	8.9	9.7	10.6	11.6
TEMPO 2	2K	9.2	10	10.9	11.8
TEMPO 3	6K	9.4	10.2	11.1	12
COOL DOWN	3K	1 mile	1 mile	1 mile	1 mile

NOTES

3) NA means these Intervals are not part of the program. You will go directly to COOL-DOWN.

4) All Chart Numbers are MPH.

TEMPO - 15K Run

TEMPO **15K Run**		***L1***	***L2***	***L3***	***L4***	***L5***	***L6***	***L7***	***L8***	***L9***	***L10***	***L11***
PACE/MINUTES		12:00	11:32	11:06	10:31	10:00	9:31	9:05	8:34	8:00	7:30	7:03
WARM-UP	User sets Speed	1 mile	1 mile	1 mile	1 mile	1 mile	1 mile	1 mile	1 mile	1 mile	1 mile	1 mile
STRIDE REST	100 Meter	4.5	4.5	4.5	4.5	5.0	5.0	5.5	5.5	6.0	6.5	6.5
STRIDE 1	100 Meter	5.2	5.4	5.6	5.9	6.2	6.5	6.8	7.2	7.7	8.2	8.7
STRIDE REST	100 Meter	4.5	4.5	4.5	4.5	5.0	5.0	5.5	5.5	6.0	6.5	6.5
STRIDE 2	100 Meter	5.2	5.4	5.6	5.9	6.2	6.5	6.8	7.2	7.7	8.2	8.7
STRIDE REST	100 Meter	4.5	4.5	4.5	4.5	5.0	5.0	5.5	5.5	6.0	6.5	6.5
STRIDE 3	100 Meter	5.2	5.4	5.6	5.9	6.2	6.5	6.8	7.2	7.7	8.2	8.7
STRIDE REST	100 Meter	4.5	4.5	4.5	4.5	5.0	5.0	5.5	5.5	6.0	6.5	6.5
STRIDE 4	100 Meter	5.2	5.4	5.6	5.9	6.2	6.5	6.8	7.2	7.7	8.2	8.7
STRIDE REST	1 Minute	4.5	4.5	4.5	4.5	5.0	5.0	5.5	5.5	6.0	6.5	6.5
TEMPO 1	3K	4.7	4.9	5.1	5.4	5.9	6.0	6.3	6.7	7.2	7.7	8.2
TEMPO 2	3K	5	5.2	5.4	5.7	6.0	6.3	6.6	7.0	7.5	8.0	8.5
TEMPO 3	9K	5.2	5.4	5.6	5.9	6.2	6.5	6.8	7.2	7.7	8.2	8.7
COOL DOWN	User sets Speed	1 mile	1 mile	1 mile	1 mile	1 mile	1 mile	1 mile	1 mile	1 mile	1 mile	1 mile

NOTES

1) The COOL-DOWN Speed starts at the Interval Rest Pace.

2) All Tempo work-outs are at 1 Percent elevation.

3) NA means these Intervals are not part of the program. You will go directly to COOL-DOWN.

4) All Chart Numbers are MPH.

TEMPO - 15K Run

TEMPO 15K Run		L12	L13	L14	L15
PACE/MINUTES		6:31	6:00	5:30	5:05
WARM-UP	User sets Speed	1 mile	1 mile	1 mile	1 mile
STRIDE REST	100 Meter	7.0	7.5	8.0	8.0
STRIDE 1	100 Meter	9.4	10.2	11.1	12
STRIDE REST	100 Meter	7.0	7.5	8.0	8.0
STRIDE 2	100 Meter	9.4	10.2	11.1	12
STRIDE REST	100 Meter	7.0	7.5	8.0	8.0
STRIDE 3	100 Meter	9.4	10.2	11.1	12
STRIDE REST	100 Meter	7.0	7.5	8.0	8.0
STRIDE 4	100 Meter	9.4	10.2	11.1	12
STRIDE REST	1 Minute	7.0	7.5	8.0	8.0
TEMPO 1	3K	8.9	9.7	10.6	11.6
TEMPO 2	3K	9.2	10	10.9	11.8
TEMPO 3	9K	9.4	10.2	11.1	12
COOL DOWN	User sets Speed	1 mile	1 mile	1 mile	1 mile

HILLS - 3 Percent/90 Seconds

HILLS 3 Percent/90 Seconds		L1	L2	L3	L4	L5	L6	L7	L8	L9	L10	L11
PACE/MINUTES		10:00	10:00	9:30	9:30	9:00	9:00	8:30	8:30	8:00	8:00	7:30
WARM-UP	User sets Speed	1 Mile	1 Mile	1 Mile	1 Mile	1 Mile	1 Mile	1 Mile	1 Mile	1 Mile	1 Mile	1 Mile
STRIDE REST	15 sec/0 %	4.7	4.7	5.0	5.0	5.4	5.4	5.6	5.6	6.0	6.0	6.0
STRIDE 1	15 sec/0 %	6.0	6.0	6.3	6.3	6.7	6.7	7.1	7.1	7.5	7.5	8.0
STRIDE REST	15 sec/0 %	4.7	4.7	5.0	5.0	5.4	5.4	5.6	5.6	6.0	6.0	6.0
STRIDE 2	15 sec/0 %	6.0	6.0	6.3	6.3	6.7	6.7	7.1	7.1	7.5	7.5	8.0
STRIDE REST	15 sec/0 %	4.7	4.7	5.0	5.0	5.4	5.4	5.6	5.6	6.0	6.0	6.0
STRIDE 3	15 sec/0 %	6.0	6.0	6.3	6.3	6.7	6.7	7.1	7.1	7.5	7.5	8.0
STRIDE REST	15 sec/0 %	4.7	4.7	5.0	5.0	5.4	5.4	5.6	5.6	6.0	6.0	6.0
STRIDE 4	15 sec/0 %	6.0	6.0	6.3	6.3	6.7	6.7	7.1	7.1	7.5	7.5	8.0
STRIDE REST	1 Minute	4.7	4.7	5.0	5.0	5.4	5.4	5.6	5.6	6.0	6.0	6.0
INTERVAL	90 sec/3 %	5.6	5.6	6.0	6.0	6.4	6.4	6.8	6.8	7.2	7.2	7.6
REST	90 sec/0 %	4.7	4.7	5.0	5.0	5.4	5.4	5.6	5.6	6.0	6.0	6.0
INTERVAL	90 sec/3 %	5.6	5.6	6.0	6.0	6.4	6.4	6.8	6.8	7.2	7.2	7.6
REST	90 sec/0 %	4.7	4.7	5.0	5.0	5.4	5.4	5.6	5.6	6.0	6.0	6.0
INTERVAL	90 sec/3 %	5.6	5.6	6.0	6.0	6.4	6.4	6.8	6.8	7.2	7.2	7.6
REST	90 sec/0 %	4.7	4.7	5.0	5.0	5.4	5.4	5.6	5.6	6.0	6.0	6.0
INTERVAL	90 sec/3 %	5.6	5.6	6.0	6.0	6.4	6.4	6.8	6.8	7.2	7.2	7.6
REST	90 sec/0 %	4.7	4.7	5.0	5.0	5.4	5.4	5.6	5.6	6.0	6.0	6.0
INTERVAL	90 sec/3 %	5.6	5.6	6.0	6.0	6.4	6.4	6.8	6.8	7.2	7.2	7.6
REST	90 sec/0 %	NA	4.7	NA	5.0	NA	5.4	NA	5.6	NA	6.0	NA
INTERVAL	90 sec/3 %	NA	5.6	NA	6.0	NA	6.4	NA	6.8	NA	7.2	NA
REST	90 sec/0 %	NA	4.7	NA	5.0	NA	5.4	NA	5.6	NA	6.0	NA
INTERVAL	90 sec/3 %	NA	5.6	NA	6.0	NA	6.4	NA	6.8	NA	7.2	NA
REST	90 sec/0 %	NA	4.7	NA	5.0	NA	5.4	NA	5.6	NA	6.0	NA
INTERVAL	90 sec/3 %	NA	5.6	NA	6.0	NA	6.4	NA	6.8	NA	7.2	NA
REST	90 sec/0 %	NA	4.7	NA	5.0	NA	5.4	NA	5.6	NA	6.0	NA
INTERVAL	90 sec/3 %	NA	5.6	NA	6.0	NA	6.4	NA	6.8	NA	7.2	NA
REST	90 sec/0 %	NA	4.7	NA	5.0	NA	5.4	NA	5.6	NA	6.0	NA
INTERVAL	90 sec/3 %	NA	5.6	NA	6.0	NA	6.4	NA	6.8	NA	7.2	NA
COOL-DOWN	User sets Speed	1 Mile	1 Mile	1 Mile	1 Mile	1 Mile	1 Mile	1 Mile	1 Mile	1 Mile	1 Mile	1 Mile

NOTES

1) The COOL-DOWN Speed begins at the Interval REST Pace.

2) NA means these Intervals are not part of the program. You will go directly to COOL-DOWN.

3) All Chart Numbers are MPH.

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HILLS - 3 Percent/90 Seconds

HILLS 3 Percent/90 Seconds		L12	L13	L14	L15	L16	L17	L18	L19	L20	L21	L22
PACE/MINUTES		7:30	7:00	7:00	6:30	6:30	6:00	6:00	5:30	5:30	5:00	5:00
WARM-UP	User sets Speed	1 Mile	1 Mile	1 Mile	1 Mile	1 Mile	3K	3K	3K	3K	3K	3K
STRIDE REST	15 sec/0 %	6.0	6.5	6.5	7.0	7.0	7.0	7.0	7.5	7.5	7.5	7.5
STRIDE 1	15 sec/0 %	8.0	8.5	8.5	9.2	9.2	10	10	10.9	10.9	12	12
STRIDE REST	15 sec/0 %	6.0	6.5	6.5	7.0	7.0	7.0	7.0	7.5	7.5	7.5	7.5
STRIDE 2	15 sec/0 %	8.0	8.5	8.5	9.2	9.2	10	10	10.9	10.9	12	12
STRIDE REST	15 sec/0 %	6.0	6.5	6.5	7.0	7.0	7.0	7.0	7.5	7.5	7.5	7.5
STRIDE 3	15 sec/0 %	8.0	8.5	8.5	9.2	9.2	10	10	10.9	10.9	12	12
STRIDE REST	15 sec/0 %	6.0	6.5	6.5	7.0	7.0	7.0	7.0	7.5	7.5	7.5	7.5
STRIDE 4	15 sec/0 %	8.0	8.5	8.5	9.2	9.2	10	10	10.9	10.9	12	12
STRIDE REST	1 Minute	6.0	6.5	6.5	7.0	7.0	7.0	7.0	7.5	7.5	7.5	7.5
INTERVAL	90 sec/3 %	7.6	8.0	8.0	8.5	8.5	9.0	90	10	10	11.1	11.1
REST	90 sec/0 %	6.0	6.5	6.5	7.0	7.0	7.0	7.0	7.5	7.5	7.5	7.5
INTERVAL	90 sec/3 %	7.6	8.0	8.0	8.5	8.5	9.0	90	10	10	11.1	11.1
REST	90 sec/0 %	6.0	6.5	6.5	7.0	7.0	7.0	7.0	7.5	7.5	7.5	7.5
INTERVAL	90 sec/3 %	7.6	8.0	8.0	8.5	8.5	9.0	9.0	10	10	11.1	11.1
REST	90 sec/0 %	6.0	6.5	6.5	7.0	7.0	7.0	7.0	7.5	7.5	7.5	7.5
INTERVAL	90 sec/3 %	7.6	8.0	8.0	8.5	8.5	9.0	9.0	10	10	11.1	11.1
REST	90 sec/0 %	6.0	6.5	6.5	7.0	7.0	7.0	7.0	7.5	7.5	7.5	7.5
INTERVAL	90 sec/3 %	7.6	8.0	8.0	8.5	8.5	9.0	9.0	10	10	11.1	11.1
REST	90 sec/0 %	6.0	NA	6.5	NA	7.0	NA	7.0	NA	7.5	NA	7.5
INTERVAL	90 sec/3 %	7.6	NA	8.0	NA	8.5	NA	9.0	NA	10	NA	11.1
REST	90 sec/0 %	6.0	NA	6.5	NA	7.0	NA	7.0	NA	7.5	NA	7.5
INTERVAL	90 sec/3 %	7.6	NA	8.0	NA	8.5	NA	9.0	NA	10	NA	11.1
REST	90 sec/0 %	6.0	NA	6.5	NA	7.0	NA	7.0	NA	7.5	NA	7.5
INTERVAL	90 sec/3 %	7.6	NA	8.0	NA	8.5	NA	9.0	NA	10	NA	11.1
REST	90 sec/0 %	6.0	NA	6.5	NA	7.0	NA	7.0	NA	7.5	NA	7.5
INTERVAL	90 sec/3 %	7.6	NA	8.0	NA	8.5	NA	9.0	NA	10	NA	11.1
REST	90 sec/0 %	6.0	NA	6.5	NA	7.0	NA	7.0	NA	7.5	NA	7.5
INTERVAL	90 sec/3 %	7.6	NA	8.0	NA	8.5	NA	9.0	NA	10	NA	11.1
COOL-DOWN	User sets Speed	1 Mile	1 Mile	1 Mile	1 Mile	1 Mile	3K	3K	3K	3K	3K	3K

HILLS - 5 Percent/90 Seconds

HILLS 5 Percent/90 Seconds		L1	L2	L3	L4	L5	L6	L7	L8	L9	L10	L11
PACE/MINUTES		10:00	10:00	9:30	9:30	9:00	9:00	8:30	8:30	8:00	8:00	7:30
WARM-UP	User sets Speed	1 mile	1 mile	1 mile	1 mile	1 mile	1 mile	1 mile	1 mile	1 mile	1 mile	1 mile
STRIDE REST	15 sec/0 %	4.4	4.4	4.8	4.8	5.2	5.2	5.6	5.6	6.0	6.0	6.0
STRIDE 1	15 sec/0 %	6.0	6.0	6.3	6.3	6.7	6.7	7.1	7.1	7.5	7.5	8.0
STRIDE REST	15 sec/0 %	4.4	4.4	4.8	4.8	5.2	5.2	5.6	5.6	6.0	6.0	6.0
STRIDE 2	15 sec/0 %	6.0	6.0	6.3	6.3	6.7	6.7	7.1	7.1	7.5	7.5	8.0
STRIDE REST	15 sec/0 %	4.4	4.4	4.8	4.8	5.2	5.2	5.6	5.6	6.0	6.0	6.0
STRIDE 3	15 sec/0 %	6.0	6.0	6.3	6.3	6.7	6.7	7.1	7.1	7.5	7.5	8.0
STRIDE REST	15 sec/0 %	4.4	4.4	4.8	4.8	5.2	5.2	5.6	5.6	6.0	6.0	6.0
STRIDE 4	15 sec/0 %	6.0	6.0	6.3	6.3	6.7	6.7	7.1	7.1	7.5	7.5	8.0
STRIDE REST	1 Minute	4.4	4.4	4.8	4.8	5.2	5.2	5.6	5.6	6.0	6.0	6.0
INTERVAL	90 sec/5 %	4.6	4.6	5.0	5.0	5.4	5.4	5.8	5.8	6.2	6.2	6.5
REST	90 sec/0 %	4.4	4.4	4.8	4.8	5.2	5.2	5.6	5.6	6.0	6.0	6.0
INTERVAL	90 sec/5 %	4.6	4.6	5.0	5.0	5.4	5.4	5.8	5.8	6.2	6.2	6.5
REST	90 sec/0 %	4.4	4.4	4.8	4.8	5.2	5.2	5.6	5.6	6.0	6.0	6.0
INTERVAL	90 sec/5 %	4.6	4.6	5.0	5.0	5.4	5.4	5.8	5.8	6.2	6.2	6.5
REST	90 sec/0 %	4.4	4.4	4.8	4.8	5.2	5.2	5.6	5.6	6.0	6.0	6.0
INTERVAL	90 sec/5 %	4.6	4.6	5.0	5.0	5.4	5.4	5.8	5.8	6.2	6.2	6.5
REST	90 sec/0 %	4.4	4.4	4.8	4.8	5.2	5.2	5.6	5.6	6.0	6.0	6.0
INTERVAL	90 sec/5 %	4.6	4.6	5.0	5.0	5.4	5.4	5.8	5.8	6.2	6.2	6.5
REST	90 sec/0 %	NA	4.4	NA	4.8	NA	5.2	NA	5.6	NA	6.0	NA
INTERVAL	90 sec/5 %	NA	4.6	NA	5.0	NA	5.4	NA	5.8	NA	6.2	NA
REST	90 sec/0 %	NA	4.4	NA	4.8	NA	5.2	NA	5.6	NA	6.0	NA
INTERVAL	90 sec/5 %	NA	4.6	NA	5.0	NA	5.4	NA	5.8	NA	6.2	NA
REST	90 sec/0 %	NA	4.4	NA	4.8	NA	5.2	NA	5.6	NA	6.0	NA
INTERVAL	90 sec/5 %	NA	4.6	NA	5.0	NA	5.4	NA	5.8	NA	6.2	NA
REST	90 sec/0 %	NA	4.4	NA	4.8	NA	5.2	NA	5.6	NA	6.0	NA
INTERVAL	90 sec/5 %	NA	4.6	NA	5.0	NA	5.4	NA	5.8	NA	6.2	NA
REST	90 sec/0 %	NA	4.4	NA	4.8	NA	5.2	NA	5.6	NA	6.0	NA
INTERVAL	90 sec/5 %	NA	4.6	NA	5.0	NA	5.4	NA	5.8	NA	6.2	NA
REST	90 sec/0 %	NA	4.4	NA	4.8	NA	5.2	NA	5.6	NA	6.0	NA
INTERVAL	90 sec/5 %	NA	4.6	NA	5.0	NA	5.4	NA	5.8	NA	6.2	NA
COOL-DOWN	User sets Speed	1 mile	1 mile	1 mile	1 mile	1 mile	1 mile	1 mile	1 mile	1 mile	1 mile	1 mile

NOTES

1) The COOL-DOWN Speed begins at the Interval REST Pace.

2) NA means these Intervals are not part of the program. You will go directly to COOL-DOWN.

3) All Chart Numbers are MPH.

…CONTINUED

HILLS - 5 Percent/90 Seconds

HILLS 5 Percent/90 Seconds		L12	L13	L14	L15	L16	L17	L18	L19	L20	L21	L21
PACE/MINUTES		7:30	7:00	7:00	6:30	6:30	6:00	6:00	5:30	5:30	5:00	5:00
WARM-UP	User sets Speed	1 mile	1 mile	1 mile	1 mile	1 mile	3K	3K	3K	3K	3K	3K
STRIDE REST	15 sec/0 %	6.0	6.5	6.5	7.0	7.0	7.0	7.0	7.5	7.5	7.5	7.5
STRIDE 1	15 sec/0 %	8.0	8.5	8.5	9.2	9.2	10	10	10.9	10.9	12	12
STRIDE REST	15 sec/0 %	6.0	6.5	6.5	7.0	7.0	7.0	7.0	7.5	7.5	7.5	7.5
STRIDE 2	15 sec/0 %	8.0	8.5	8.5	9.2	9.2	10	10	10.9	10.9	12	12
STRIDE REST	15 sec/0 %	6.0	6.5	6.5	7.0	7.0	7.0	7.0	7.5	7.5	7.5	7.5
STRIDE 3	15 sec/0 %	8.0	8.5	8.5	9.2	9.2	10	10	10.9	10.9	12	12
STRIDE REST	15 sec/0 %	6.0	6.5	6.5	7.0	7.0	7.0	7.0	7.5	7.5	7.5	7.5
STRIDE 4	15 sec/0 %	8.0	8.5	8.5	9.2	9.2	10	10	10.9	10.9	12	12
STRIDE REST	1 Minute	6.0	6.5	6.5	7.0	7.0	7.0	7.0	7.5	7.5	7.5	7.5
INTERVAL	90 sec/5 %	6.5	6.8	6.8	7.2	7.2	7.8	7.8	8.6	8.6	9.6	9.6
REST	90 sec/0 %	6.0	6.5	6.5	7.0	7.0	7.0	7.0	7.5	7.5	7.5	7.5
INTERVAL	90 sec/5 %	6.5	6.8	6.8	7.2	7.2	7.8	7.8	8.6	8.6	9.6	9.6
REST	90 sec/0 %	6.0	6.5	6.5	7.0	7.0	7.0	7.0	7.5	7.5	7.5	7.5
INTERVAL	90 sec/5 %	6.5	6.8	6.8	7.2	7.2	7.8	7.8	8.6	8.6	9.6	9.6
REST	90 sec/0 %	6.0	6.5	6.5	7.0	7.0	7.0	7.0	7.5	7.5	7.5	7.5
INTERVAL	90 sec/5 %	6.5	6.8	6.8	7.2	7.2	7.8	7.8	8.6	8.6	9.6	9.6
REST	90 sec/0 %	6.0	6.5	6.5	7.0	7.0	7.0	7.0	7.5	7.5	7.5	7.5
INTERVAL	90 sec/5 %	6.5	6.8	6.8	7.2	7.2	7.8	7.8	8.6	8.6	9.6	9.6
REST	90 sec/0 %	6.0	NA	6.5	NA	7.0	NA	7.0	NA	7.5	NA	7.5
INTERVAL	90 sec/5 %	6.5	NA	6.8	NA	7.2	NA	7.8	NA	8.6	NA	9.6
REST	90 sec/0 %	6.0	NA	6.5	NA	7.0	NA	7.0	NA	7.5	NA	7.5
INTERVAL	90 sec/5 %	6.5	NA	6.8	NA	7.2	NA	7.8	NA	8.6	NA	9.6
REST	90 sec/0 %	6.0	NA	6.5	NA	7.0	NA	7.0	NA	7.5	NA	7.5
INTERVAL	90 sec/5 %	6.5	NA	6.8	NA	7.2	NA	7.8	NA	8.6	NA	9.6
REST	90 sec/0 %	6.0	NA	6.5	NA	7.0	NA	7.0	NA	7.5	NA	7.5
INTERVAL	90 sec/5 %	6.5	NA	6.8	NA	7.2	NA	7.8	NA	8.6	NA	9.6
REST	90 sec/0 %	6.0	NA	6.5	NA	7.0	NA	7.0	NA	7.5	NA	7.5
INTERVAL	90 sec/5 %	6.5	NA	6.8	NA	7.2	NA	7.8	NA	8.6	NA	9.6
COOL-DOWN	User sets Speed	1 mile	1 mile	1 mile	1 mile	1 mile	3K	3K	3K	3K	3K	3K

HILLS - Heart Rate Repeats

HILLS Heart Rate Repeats		***L1***	***L2***	***L3***	***L4***
INCLINE		3 Deg.	3 Deg.	5 Deg.	5 Deg.
WARM-UP	User sets Speed	1 mile	1 mile	1 mile	1 mile
STRIDE - REST	15 sec/0 %	USER	USER	USER	USER
STRIDE 1	15 sec/level	USER	USER	USER	USER
STRIDE REST	15 sec/0 %	USER	USER	USER	USER
STRIDE 2	15 sec/level	USER	USER	USER	USER
STRIDE REST	15 sec/0 %	USER	USER	USER	USER
STRIDE 3	15 sec/level	USER	USER	USER	USER
STRIDE REST	15 sec/0 %	USER	USER	USER	USER
STRIDE 4	15 sec/level	USER	USER	USER	USER
STRIDE REST	1 Minute	USER	USER	USER	USER
INTERVAL	90 sec/level	USER	USER	USER	USER
REST	H/R / 0 %	H/R	H/R	H/R	H/R
INTERVAL	90 sec/level	USER	USER	USER	USER
REST	H/R / 0 %	H/R	H/R	H/R	H/R
INTERVAL	90 sec/level	USER	USER	USER	USER
REST	H/R / 0 %	H/R	H/R	NA	H/R
INTERVAL	90 sec/level	USER	USER	USER	USER
REST	H/R / 0 %	H/R	H/R	NA	NA
INTERVAL	90 sec/level	USER	USER	USER	USER
REST	H/R / 0 %	NA	H/R	NA	NA
INTERVAL	90 sec/level	NA	USER	NA	USER
REST	H/R / 0 %	NA	H/R	NA	NA
INTERVAL	90 sec/level	NA	USER	NA	USER
REST	H/R / 0 %	NA	H/R	NA	NA
INTERVAL	90 sec/level	NA	USER	NA	USER
REST	H/R / 0 %	NA	H/R	NA	NA
INTERVAL	90 sec/level	NA	USER	NA	USER
REST	H/R / 0 %	NA	H/R	NA	NA
INTERVAL	90 sec/level	NA	USER	NA	USER
COOL-DOWN	3K	USER	USER	USER	USER

NOTES

1) The user sets their Recovery H/R, Rest Stride, and the Interval Speed. When their H/R comes down to the recovery heart rate, the treadmill starts the next interval. The treadmill uses speed to achieve recovery H/R.

TROUBLESHOOTING YOUR TREADMILL

Our Treadmills are designed to be reliable and easy to use. If, however, you have a problem, these troubleshooting steps may indicate the cause.

PROBLEM: The Console does not light up.
SOLUTION: Check to make sure the Treadmill is connected to a functioning outlet, and that the Treadmill is turned on.

PROBLEM: The Treadmill's built-in circuit breaker trips repeatedly, shutting-off for no apparent reason.
SOLUTION: The lubricating wax coating on the deck is wearing down and needs to be replenished; contact your VISION FITNESS retailer.

PROBLEM: The Treadmill shuts off when elevated.
SOLUTION: Check to make sure that the power cord is not stretched so tight that when the Treadmill is elevated the cord is pulled out of the wall outlet.

PROBLEM: The running belt does not stay in the center of the Treadmill when you are running on it.
SOLUTION: 1) Check to make sure the Treadmill is level. 2) The running belt is loose and needs to be properly tensioned (see Page 59 for proper procedure).

PROBLEM: The belt moves within 1/4" of – but does not touch – the side rail.
SOLUTION: There is nothing wrong, this is normal and will not cause any damage.

NOTE: If the above steps do not remedy the problem, discontinue use, turn the power off and contact your VISION FITNESS retailer.

TROUBLESHOOTING YOUR HEART RATE MONITOR CHEST STRAP

PROBLEM: No pulse reading appears
SOLUTION: There may be a poor connection between the contact pads and skin. Remoisten electrodes.
SOLUTION: Transmitter is not properly positioned. Reposition the chest strap.
SOLUTION: Verify that the distance between transmitter and receiver is not beyond the recommended range of 36 inches.

PROBLEM: There is an erratic pulse rate.
SOLUTION: Chest strap is too loose; readjust according to directions.

NOTE: It is possible that heart rate monitors will not function properly on some people due to a variety of reasons. It may be necessary to experiment with the fit and position of the chest strap. Outside interference sources such as computers, motors, etc. are also a major source of problems for heart rate monitors.

USER ENGINEERING MODE

Your treadmill offers a User Engineering Mode that can access certain data and help to troubleshoot your treadmill. User Engineering Mode is designed for you to access functions that will not affect important treadmill settings. To access this mode please hold down SPEED DOWN and SELECT for 5 seconds while the treadmill is in any state of setting up a program. When in the User mode, ***"USER MODE"*** displays in the alphanumeric window. To access the data press the ELEVATION keys to scroll through the available data/functions. To select the data/function, press START. To exit, press STOP.

UNITS

P6 represents units, English or Metric. You can select this configuration for your treadmill.

The treadmill configuration appears in the alphanumeric window. If an "E" is shown, the treadmill is configured in English units (miles/mph); "M" represents a Metric configuration (kilometers/kph). Press the SPEED arrows to toggle between English and Metric.

In order to save the modified value, press SELECT. Note that changing units does affect the stored value of weight and clears any stored user programs. Changing units may also require you to perform auto-calibration.

DEFAULT WEIGHT

P8 represents default weight. Weight appears in the right window. To modify weight, press the SPEED arrows. To save the new default weight, press SELECT prior to exiting. If Units is modified immediately prior, weight defaults to 150 lbs. or 68 kg.

ACCUMULATED TIME

P9 represents accumulated time, in hours. The SPEED keys are disabled while viewing. To exit, press STOP. This information can not be modified.

ACCUMULATED DISTANCE

P10 represents accumulated distance, in either miles or kilometers. The SPEED keys are disabled while viewing. To exit, press STOP. This information can not be modified.

DECK LUBRICATION MESSAGE

P16 represents whether the service message for deck lubrication has been enabled. If enabled, a "1" appears in the right window. Otherwise, a "0" appears if disabled.

CLEAN TREADMILL MESSAGE

P17 represents whether the service message for clean treadmill has been enabled. If enabled, a "1" appears in the right window. Otherwise, a "0" appears if disabled.

To disable the message, you must press one of the SPEED keys so that a "0" appears in the right window. Then press SELECT to save prior to exiting. To exit, press STOP.

CHECK MOTOR BRUSHES MESSAGE

P18 represents whether the service message for check motor brushes has been enabled. If enabled, a "1" appears in the right window. Otherwise, a "0" appears if disabled.

To disable the message, you must press one of the SPEED keys so that a "0" appears in the right window. Then press SELECT to save prior to exiting. To exit, press STOP.

AUTO-CALIBRATION

DO NOT STAND ON THE BELT WHEN PERFORMING THE AUTO-CALIBRATION!

You need to access User Engineering Mode to run the Auto Calibration. To access this mode, please hold down SPEED DOWN and SELECT for 5 seconds. When in the User mode, ***"User Mode"*** appears in the alphanumeric window. To access the data press the ELEVATION keys until ***"Auto-Cal"*** appears. Press Start to select this function.

To begin auto-cal, press START. The treadmill will run through minimum and maximum speed and maximum incline. This will take 3-5 minutes. Let the treadmill perform this complete function before exiting the Engineering Mode.

Elevation A/D or Elevation in % appears in the left window. PWM value or Speed appears in the right window. ***"Cal Passed"*** will appear in the center window when the auto-calibration is complete. The treadmill will come to a complete stop and return to the start-up screen in the alphanumeric window.

EXIT USER ENGINEERING MODE

P19 represents exit mode. When you press START to select the function, the console performs a reboot, returning to program setup.

COMMON TREADMILL QUESTIONS

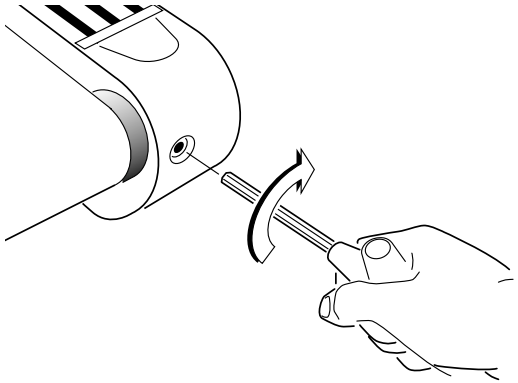
Q: Are the sounds my Treadmill makes normal?
A: All Treadmills make a certain type of thumping noise due to the belt riding over the rollers. This noise will diminish over time, although it might not totally go away. With use, the belt will stretch, causing the belt to ride more smoothly over the rollers. It might appear that one Treadmill is louder another. There are many reasons for this and may not be due to a defect.

Q: Why is the Treadmill I had delivered louder than the one at the store?
A: All fitness products seem quieter in a large store showroom because there is generally more background noise than in your home. This is due to many acoustic differences. A number of precautions can be taken to reduce noise. For instance, a heavy rubber mat can help reduce reverberation through the floor. And finally, if a fitness product is placed close to a wall, there will more reflected noise.

Q: When should I be worried about a noise?
A: As long as the sounds your Treadmill makes are no louder than a normal conversational tone of voice, it is considered normal noise. If your Treadmill is louder than this, you may want to call your service technician. Sometimes an initial diagnosis can be made over the phone.

TENSIONING THE BELT

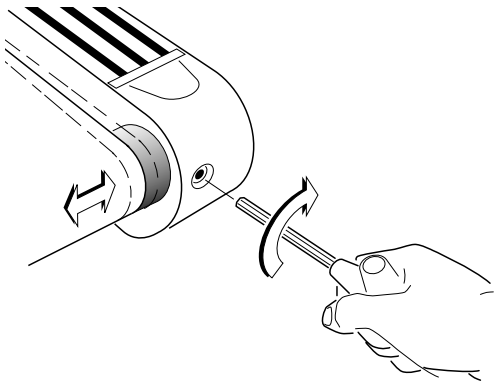
If the running belt slips when used, use the supplied 8MM Allen wrench to turn the left and right tension bolts clockwise 1/4-turn at a time until the belt no longer slips.



CENTERING THE BELT

If the running belt is too far to the *right* side, use the supplied 8MM Allen wrench to turn the *right* tension bolt *clockwise* 1/4-turn at a time until the belt remains centered during use.

If the running belt is too far to the *left* side, turn the *left* tension bolt clockwise 1/4-turn at a time until the belt remains centered during use.



LIMITED HOME USE WARRANTY

VISION FITNESS extends the following exclusive, limited warranty, which shall apply only to the use of the device in the home, for residential, non-commercial purposes only. Any other use of the device shall void this warranty.

VISION FITNESS hereby extends the following limited warranties for the following components of the device, for the time period indicated:

FRAME - LIFETIME VISION FITNESS warrants the Frame against defects in workmanship and materials for the life of the product, so long as it remains in the possession of the original owner.

MOTOR - TEN YEARS VISION FITNESS warrants the Motor against defects in workmanship and materials for a period of ten years from the date of original purchase, so long as the device remains in the possession of the original owner.

ELECTRONICS & PARTS - THREE YEARS VISION FITNESS warrants the Electronic components and all original Parts (other than the Motor) against defects in workmanship and materials for a period of three years from the date of original purchase, so long as the device remains in the possession of the original owner.

LABOR - TWO YEARS VISION FITNESS shall cover the Labor cost for the repair of the device for a period of two years from the date of original purchase, so long as the device remains in the possession of the original owner.

LIMITED HOME USE WARRANTY (continued)

EXCLUSIVE REMEDY

The exclusive remedy for any of the above warranties shall be repair or replacement of defective Parts, or the supply of Labor to cure any defect, provided that Labor shall be limited to two years. All Labor shall be supplied by the local Retailer and the product must be located within that Retailer's service area. Products located outside the Retailer's service area will not be covered by the Labor warranty.

EXCLUSIONS AND LIMITATIONS

This warranty applies only to the original owner and is not transferable. This warranty is expressly limited to the repair or replacement of a defective Frame, Electronic component, or defective Part and is the sole remedy of the warranty. The warranty does not cover normal wear and tear, improper assembly or maintenance, or installation of parts or accessories not originally intended or compatible with the Fitness Product as sold. The warranty does not apply to damage or failure due to accident, abuse, corrosion, discoloration of paint or plastic, or neglect. VISION FITNESS shall not be responsible for incidental or consequential damages. Parts and Electronic components reconditioned to As New Condition by VISION FITNESS or its vendors may sometimes be supplied as warranty replacement parts and constitute fulfillment of warranty terms. Any warranty replacement parts shall be warranted for the remainder of the original warranty term.

VISION FITNESS expressly disclaims all other warranties, express or implied, including but not limited to all warranties of fitness for a particular purpose or of merchantability. This warranty gives you specific legal rights and your rights may vary from state to state.

WARRANTY REGISTRATION

Your warranty card must be completed and sent to VISION FITNESS before a warranty claim can be processed. You may also register via our website at **www.visionfitness.com**. Inside the enclosed warranty card you will find a customer survey. Your care in completing the survey will be of value to us in serving you in the future. Comments and suggestions are always welcome. We are certain you will enjoy your new Treadmill. Thank you for selecting a VISION FITNESS product.

LIMITED COMMERCIAL WARRANTY

COMMERCIAL USES DEFINED VISION FITNESS warrants the T9700Runner treadmill for use in non-dues paying commercial facilities. Examples of non-dues paying commercial facilities include but are not limited to: Hotels, Resorts, Police and Fire Stations, Apartment Complexes, Rehabilitation and Sports Medicine Clinics, Hospitals, Elementary, Middle, and High Schools. Please note: VISION FITNESS does not provide any warranties for the T9700Runner when used in dues-paying facilities such as YMCAs and Private Health Clubs or Colleges and Universities. For such facilities, all warranties including implied warranties of fitness for a particular purpose and merchantability are excluded.

FRAME - LIFETIME VISION FITNESS warrants the Frame against defects in workmanship and materials for the lifetime of the original owner so long as the device remains in the possession of the original owner.

ELECTRONICS, MOTORS - 3 YEARS VISION FITNESS warrants the electronic components and the motors against defects in workmanship and materials for a period of 3 years from the date of original purchase, so long as the device remains in the possession of the original owner.

PARTS - 2 YEARS VISION FITNESS warrants the original parts against defects in workmanship and materials for a period of 2 years from date of original purchase, so long as the device remains in the possession of the original owner.

LABOR - 1 YEAR For a period of one year from date of purchase, VISION FITNESS, through its local retailers, will provide the necessary labor for repair and replacement of frames, electronics, motors, and parts under this warranty, so long as the device remains in the possession of the original owner.

LIMITED COMMERCIAL WARRANTY (continued)

EXCLUSIVE REMEDY

The exclusive remedy for any of the above warranties shall be repair or replacement of defective parts or the supply of labor to cure any defect, provided that the labor be limited to 1 year.

EXCLUSIONS AND LIMITATIONS

This warranty applies only to the original owner and is not transferable. This warranty is expressly limited to the repair or replacement of a defective frame, electronic component, or defective part and is the sole remedy of the warranty. The warranty does not cover normal wear and tear, improper assembly or maintenance, or installation of parts or accessories not originally intended or compatible with the product as sold. This warranty does not apply to damage or failure due to accident, abuse, corrosion, discoloration of paint or plastic or neglect. VISION FITNESS shall not be responsible for incidental or consequential damages. Parts and electronic components reconditioned to As New Condition by VISION FITNESS or its vendors may sometimes be supplied as warranty replacement parts and constitute fulfillment of warranty terms. Any warranty replacement parts shall be warranted for the remainder of the original warranty term.

VISION FITNESS expressly disclaims all other warranties, express or implied, including but not limited to all warranties of fitness for a particular purpose or of merchantability. This warranty gives you specific rights and your rights may vary from state to state.

WARRANTY REGISTRATION

Your warranty card must be completed and sent to VISION FITNESS before a warranty claim can be processed. You may also register via our website at **www.visionfitness.com**. Inside the enclosed warranty card you will find a customer survey. Your care in completing the survey will be of value to us in serving you in the future. Comments and suggestions are always welcome. We are certain you will enjoy your new treadmill. Thank you for selecting a VISION FITNESS product.

DEVELOPING A FITNESS PROGRAM

WARM UP

When you exercise you need more oxygen to fuel your muscles. This oxygen is carried to the muscles through blood. The increasing demands of exercise will cause increased breathing rate, heart rate, blood flow and blood temperature. As your blood temperature rises and more oxygen is released, the temperature of your muscles will increase. This allows the muscles to burn calories and create energy for exercise.

A warm-up activity should be a progressive aerobic activity that utilizes the muscles you will be using during your workout. There is no set intensity to warm-up with. A typical warm-up will produce a small amount of perspiration, but not leave you feeling fatigued. Intensity and fitness level will affect the duration of your warm-up, but 5 to 10 minutes is usually recommended.

A gradual warm-up will do the following:

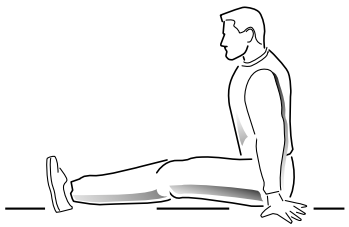
- Produce faster more forceful muscle contractions
- Increase your metabolic rate so oxygen is delivered to the working muscles more quickly
- Leads to efficient calorie burning by increasing your core body temperature
- Prevent injuries by improving the elasticity of your muscles
- Allow you to work out comfortably longer because your energy systems are able to exercise, preventing the buildup of lactic acid in the blood.
- Improves joint range of motion
- Psychologically prepares you for higher intensities by increasing your arousal and focus on exercise

FLEXIBILITY

Before stretching, take a few minutes to warm-up as stretching a cold muscle can cause injury. When stretching you should start slowly, exhaling as you gently stretch the muscle. Try to hold each stretch for at least 15 to 30 seconds. Don't bounce when you stretch. Holding a stretch is more effective and less of a risk for injury. Don't strain or push a muscle too far. If a stretch hurts, ease up.

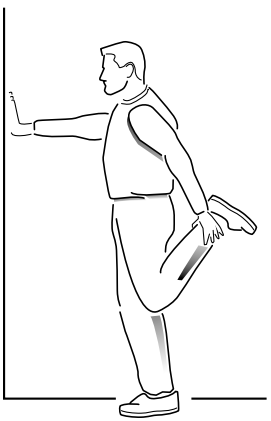
SEATED TOE TOUCH

Sit on the floor with your legs together and straight out in front of you. Do not lock your knees. Extend your fingers toward your toes exhaling as you go. Hold the stretch for 15 to 30 seconds. Return to the start position and repeat the stretch as necessary.



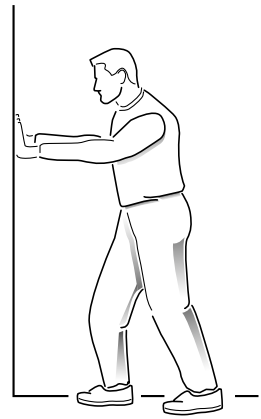
STANDING QUADRICEPS STRETCH

Using a wall or your Bike to provide balance, grasp your left ankle with your left hand and hold to stretch. Your knee should be pointing to the floor. Hold the stretch for 15 to 30 seconds. Repeat with your right leg and continue to alternate for amount of desired repetitions.



STANDING CALF STRETCH

Standing about 3 feet from a wall, take one step forward with your left foot. Place your hands on the wall in front of you. Your elbows slightly bent, shoulders, hips, and feet are pointed directly towards the wall. Bend your left leg slowly using the movement to control the amount of stretch in the right calf. Your heels should stay on the ground. Slowly bring yourself back to the starting position and switch legs. Alternate for the amount of desired repetitions.



EXERCISE GUIDELINES

The American Council of Sports Medicine (A.C.S.M.) recommends the following exercise guidelines, for healthy aerobic activity:

Frequency: Exercise 3 to 5 days each week.

Warm-up: Warm-up 5 to 10 minutes before aerobic activity.

Duration: Maintain your exercise intensity for 20 to 60 minutes.

Cool Down: Gradually decrease the intensity of your workout, then stretch to cool down during the last 5 to 10 minutes.

NOTE: If weight loss is major goal, participate in your aerobic activity at least 30 minutes for five or more days each week.

ACHIEVING YOUR FITNESS GOALS

An important step in developing a long term fitness program is to determine your goals. Is your primary goal for exercising on your VISION FITNESS Product to lose weight? Improve muscle tone? Relieve stress? Prepare for the spring racing schedule? Knowing what your goals are will help you develop a more successful exercise program. Below are some common exercise goals:

- Weight Loss & Maintenance
- Improve Body Shape & Tone
- Increase Energy Level
- Improve Cycling/Cross Sports Performance
- Improve Cardiovascular Endurance
- Stress Reduction
- Improve Sleep Patterns
- Improve muscular strength

If possible try to define your personal goals in precise, measurable terms, and then put your goals in writing. The more specific you can be, the easier it will be to track your progress. If your goals are long term, divide them up into monthly and weekly segments. Longer term goals can lose some of the immediate motivation benefits. Short term goals are easier to achieve. Your VISION FITNESS Product console provides you with several readouts that can be used to record your progress. You can track Distance, Calories or Time. Time is the most important and useful of test functions.

SAMPLE GOALS:

Goal-setting is a popular motivational technique. It's important to set goals and reward yourself when initiating a new exercise program because you're attempting to break current patterns and form a new habit. Whether you use this technique or another, make fitness a priority in your life. You can achieve the ultimate reward to yourself: you can establish the exercise habit!

Some sample goals may be:

- To strengthen my heart by exercising 24 minutes three days a week.
  (Goal Measurement: Exercise Time=72 minutes a week).
- To improve my body's ability to burn fat by exercising at a low intensity for 48 minutes per day, 5 days a week.
  (Goal Measurement: Exercise Time=240 minutes per week).
- To burn off work related stress by exercising for 20 minutes a day on work days.
  (Goal Measurement: Exercise Time=100 minutes per week).

KEEPING AN EXERCISE DIARY

Photocopy the weekly and annual log sheets on the following pages to make your personal exercise log book. As time goes by you'll be able to look back with pride at the work you've done. As your fitness improves, you can look back and see how far you've come.

Week

Weekly Goals: _____

Scheduled Workout Time: _____

Reward: _____

Day	Date	Workload Level	Exercise Time	Distance	Comments
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Totals					

Week

Weekly Goals: _____

Scheduled Workout Time: _____

Reward: _____

Day	Date	Workload Level	Exercise Time	Distance	Comments
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Totals					

Week

Weekly Goals: _____

Scheduled Workout Time: _____

Reward: _____

Day	Date	Workload Level	Exercise Time	Distance	Comments
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Totals					

Week

Weekly Goals: _____

Scheduled Workout Time: _____

Reward: _____

Day	Date	Workload Level	Exercise Time	Distance	Comments
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Totals					

January

Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals		

Reward

February

Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals		

Reward

March

Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals		

Reward

April

Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals		

Reward

May

Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals		

Reward

June

Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals		

Reward

July

Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals		

Reward

August

Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals		

Reward

September

Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals		

Reward

October

Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals		

Reward

November

Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals		

Reward

December

Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals		

Reward

it all starts with a

vision

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